Volume I

LIFE SKILLS

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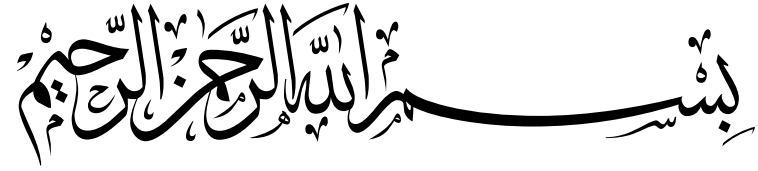

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the first volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, the future's promise,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

October 2023

Contents

Dedication..... 2

Preface:..... 15

10 Greatest rules for men everyone should know18

An overthinker should read these 08 things..... 19

7 things you can understand about anyone through his/her behavior..... 19

10 Attractive psychological facts no one will tell you..... 20

How to become dangerous and impressive?..... 21

10 Deepest truth everyone should understand on time..... 22

08 Things you can do now to be happier..... 22

12 Harsh truths that will make you a strong person..... 23

08 Things you should never do in life..... 24

06 Places to stay silent at all cost..... 25

Keep your life private until it's permanent..... 25

09 Things that do not matter in life..... 25

What psychological tricks and hacks are useful to know?..... 26

How to become dangerous and impressive?..... 27

10 Harsh reality of today's world you should not ignore..... 27

08 Ways to deal with people who want to use you..... 28

12 Shocking psychological facts about human attraction 29

07 Rules hard to practice but valuable 31

Be alone until you're valued. Here are 12 signs that you're mentally strong. 32

6 Signs that you have a strong mindset 33

10 Thought provoking psychological hacks no one knows 34

10 Signs that are indicators of personal growth 34

What are the most brilliant methods for managing oneself? 36

08 Bad habits you don't realise they are killing you slowly 37

What are the most interesting facts about human behavior? 37

10 Harsh reality of today's world you should not ignore 40

Do you know which habits will damage your brain? 41

Are people with higher IQ more likely to be depressed? 42

10 Signs that you are wasting your life 43

What is something you learned too early in your life? 44

What are the best one-minute life hacks? 45

How can you identify intelligent people? 46

10 Harsh reality of today's world you should not ignore 47

What just screams green flags about someone? 48

Importance of Prayers and Namaz in Menifestation of Success. 49

What are some of the most awesome psychological facts? 51

06 Coolest psychological hacks you should read! 52

What makes a relationship work? 54

7 things you can understand about anyone through his/her behavior 56

What do you love about introverts? 57

14 Bad habits that show lack of Self-esteem 58

What are the most brilliant methods for managing oneself? 59

08 Greatest causes of low self-esteem 60

Consider This One… 61

Are people with higher IQ more likely to be depressed? 63

08 Pieces of life advice from an old man 64

What social skills can I learn from your experiences in just 10 minutes? 64

How do you stop habits that keep you financially poor? 65

What makes a relationship work? 66

05 Greatest Psychological hacks you should know 67

What can I do to become smarter? 68

What do you love about introverts? 69

Don't waste your energy on these 07 things 70

12 Things no one tells you about adult life..... 71

10 Signs that are indicators of personal growth 72

What are the things that are not drugs but still very addictive for humans?..... 73

Bad Habits That Make You Less Attractive..... 73

What are some harsh realities of life?..... 75

How do I become mentally strong?..... 76

What are some signs that a person is pure hearted? 76

42 Cheat Codes I Wish I Knew At 22. 77

13 Signs of a toxic person you shouldn't ignore 82

What are some psychological facts that people don't know?..... 83

Top 09 social life hacks everyone should know . 85

What are some weird psychological facts about humans? 85

What are some mind blowing facts about female psychology?..... 87

08 Bad habits you don't realize they are killing you slowly 88

6 Laws To Win In Life 88

14 Bad habits that show lack of Self-esteem 89

What is a psychological fact that impresses you the most?..... 90

How to be the problem in our society in 13 steps 91

What are the coolest/most interesting psychology facts? 92

05 Greatest Psychological hacks you should know 93

12 Harsh truths that will make you a strong person 94

What did you learn too late in life? 95

05 Strange psychological tricks no one will tell you 97

6 Signs that you have a strong mindset 97

Effective ways to become a mentally strong person 98

Effective ways to become a mentally strong person 99

Look at world like a master psychologist 100

What are some interesting facts about subconscious mind? 101

12 Golden things you learned with age 101

12 Golden things you learned with age 103

What are some mind-blowing psychological facts about males? 105

What are some best psychological facts? 106

06 Things everyone should avoid to tell people 107

Deep quotes that can be used everyday? 108

weirdest psychological fact you know 109

05 Strange psychological tricks 111

Don't build any emotional relationship with this kind of people 112

Here is some valuable life advises: 113

Importance of self-compassion 114

What are some dark truths that have made you stronger? 115

Child in the digital world 116

12 Golden things you learned with age 119

06 Signs you are an attractive person 120

11 Ways to prioritize your mental health 120

What should I not do for mental peace? 122

What is the biggest life lesson you have ever learned? 123

What can one learn about a person's personality just by observing them? 125

What are the lessons people most often learn too late in life? 127

What psychological trick changed your life? 128

How do I recognize intelligent people? 131

What is the easiest psychological trick you can play on someone? 132

07 Ways to become a strong human being 134

What is the biggest life lesson you have ever learned? 135

When everyone leaves you in a difficult situation? 136

Biggest lesson you learned that no one teaches 137

Why are some very smart people so quiet?..... 138

6 harsh truth of life that you learn from your bad time 139

How to prepare strategy for the appearance of Imam Mahdi? 139

If you are not a muslim nor shia how you can prepare your self for imam Mahdi?..... 142

Concept of Savior in Religions Except Islam 144

Mind Is Principle Over Every Area of Life 146

Don't Trust These People..... 149

How can you change from fixed mind set to growth mind set..... 150

Which Emotion Causes Which Disease 153

Biggest lessons you have learned in the corporate world 157

Defeat nasty thinking and emotions..... 160

Plan Your Finance 163

How To Plan Life Vigilently And Intellectually? 166

How can we set our own choice goal while nature and God has predetermined that? 169

Safe And Grow Your Spirituality With Materialistic Success..... 172

How to Indulge Progressivism with Islam 175

Brain Chemicals and its effects on Daily Life 178

How to Prevent ourselves from Psychological warfare 180

How to belief on Occult Affairs? 182

How to Prepare Kids for future as balance in Spritiual and Materialistic ways 186

How to Overcome on Fear of Success..... 192

How to prepare strategy for a specific goal?.... 195

Character traits of a pessimist mindset 197

Religion and Science beneficial for Global Society? 199

Religion and Social Systems..... 200

Unbalance And Inequality In Global Finance And Economics 203

Reasons of Unethical social behaviors..... 206

Are Only Educational System Can Resolve The Unethical Behaviour 209

How to Choose Life Partner, What should to be Look? 212

How Teenagers Should To Prepare Daily Routine That Leads To Success In Future? 216

Chat GPT Is Need Of Teenagers For Finding Their Problems 220

Why Critical Thinking In Teenagers Are Important 223

Teach Youngsters for Business 226

Teenager's Business and Moral Values..... 230

How Lust, Anger And Greed Can Control?..... 234

05 Strange psychological tricks no one will tell you 236

Remember these 09 things in your professional life 237

Some psychological facts about attracting people? 238

05 habits that can destroy your life..... 239

07 Ways to become a strong human being..... 240

Do You Know About Difficult Time? 241

Psychological facts that people don't know 242

06 Things everyone should avoid to tell people243

Do you make the most of your sense of intuition?244

Influence Others by How You Project Yourself 246

Always Intend for The Best to Maximize Success247

Compacting and Releasing Energy for Magical Intent 248

Etheric Pull on Present from Perceived Future. 249

Suggestion and Its Effect upon Everything you Do 250

why young are in need to study history?..... 251

What are some of the most awesome psychological facts? 254

Some Greatest Psychological Facts Everyone Should Believe 255

Some Manipulative Psychological Tricks..... 256

Some Deep Truth You Must Learn Now or Never256

Some Psychological Things That Make You Likeable Person 257

10 Signs that you are mentally well settle..... 258

What are the few things we should know about them? 259

10 Habits That Can Contribute To Success In Life260

What is the one piece of advice you would give to anyone? 261

What are the secrets of a healthy life so that one can live about 110 years old? 262

Some dangerous psychological tricks..... 266

Stress Management..... 269

Creating what You Want with External Intention272

10 Unknown social rules everyone should know273

What are the best and most useful "life hacks" you know and use? 275

What is the harsh truth of life?..... 277

What is a good piece of random advice?..... 278

8 Uncomfortable truths about being a man 278

Be a Vigilant Viewer of Media 279

07 Well-known psychological facts about human beings..... 285

Biggest advice based on common regrets..... 286

What are some unwritten social rules everyone should know?..... 287

Self Acceptance-Freedom for Fearless Expression288

Developing and Trusting Your Psychic Abilities289

Gratitude Perpetuates Flow of Positive Things 290

Achieve Success by Going straight for your Dreams 291

Healing by Making Happy and Restoring Wholeness 292

Affecting Probable Outcomes with Your Mind 293

Present Reality is Manifestation of Past Thoughts294

Have a Self Consciousness of Wealth and Abundance 296

Complete Manifestation Requires Full Alignment297

Synchronicity - Meaningful Coincidence in Life298

Accessing Multiple Frequencies of Consciousness299

Success depends on Well Concentrated Efforts 300

Telepathic Communication between Two People301

Use Mental Demand to Concentrate Your Desires302

Having a Strong Spirit is Secret Key to Success 303

Aliens and UFOs are Higher Dimensional Beings305

Four Steps to Find Joy in Your Work 306

Using Psychic Influence to Direct and Protect.. 306

Being a Co-Creator by Using Your Godlike Power307

Manifest Luck with State of Harmony and Intent309

Using Your Psychic Center for Manifestation ... 310

Self-purification (Tazkiyah) & Gnosis 311

What Will Be After Death Or End Of Universe? 323

Is The Divine Leadership Necessary? 328

Preface:

Dear Reader,

Salam un Alaikum,

Welcome to the first volume of "Life Skills," a unique and enriching exploration of essential life principles and wisdom distilled from various sources. Within the pages of this book, you will find a collection of invaluable insights, distilled from a multitude of perspectives, to help you navigate the complexities of life with grace and wisdom.

The origins of this compilation draw from an array of resources, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. As we delve into this treasure trove of knowledge, it's important to acknowledge the invaluable role of ChatGPT, the advanced language model, in assisting in the organization and presentation of these insights.

This volume primarily draws from the wellsprings of Shia Islam, a branch of the Islamic faith that reveres the teachings of the Quran and the wisdom of the Infallible Imams. Rooted in the interpretations of the Quran and the sayings of these revered figures, the wisdom contained herein is presented in straightforward and easily accessible language.

"Life Skills" seeks to make this timeless wisdom relevant to individuals from all walks of life, regardless of their faith or background. The principles and themes explored within these pages transcend cultural and religious boundaries, offering universal insights that can enrich the lives of all who embrace them.

As you embark on this journey through the pages of "Life Skills," we encourage you to approach this wisdom with an open heart and a curious mind. The intention behind this volume is to empower you with tools and perspectives that can help you lead a more fulfilling and purposeful life, and to contribute to the well-being of your community and the world at large.

May the knowledge within these pages serve as a beacon of guidance and enlightenment, guiding you toward a more meaningful and successful life. Remember that the most valuable wisdom often transcends the boundaries of time and culture, and it is in the intersection of diverse knowledge sources that we find new opportunities for growth and understanding.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text do not create any connection with Quranic Ayats & hadiths has

deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

Thank you for embarking on this journey with us. We hope that the wisdom within these pages resonates with you and inspires positive change in your life.

Sincerely,

Abidi

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10 Greatest rules for men everyone should know

- Be a protector, not a predator.
- Never betray family or friends. Loyalty should be unwavering.
- Honor and respect your parents.
- Be proud of your lineage and be proud of your country.
- Treat everyone with respect and the way you would want to be treated.
- Being a real man involves more than masculinity and bravado. It requires intelligence, compassion, insight, wisdom, fairness, integrity, support and kindness.
- Never berate or admonish anyone in public, no matter what the transgression. Do it in private. You never know what someone is going through.
- Learn how to do the things that men were always expected to do….grill/BBQ, fix a flat, teach your kids sports, basic home repair, how to use a compass, how to build a fire without matches, etc. etc. Then pass it on to your children and teach them.
- Never, ever, no matter the situation, lay your hands on a girl or disrespect them.
- Give back to your community. Support local businesses. Support the first responders. Give without ever expecting anything in return.

An overthinker should read these 08 things

- You're loved, someone An out there loves you more than you think.
- You've already survived the things you don't think you'd survive.
- It's okay not to be okay. But make sure you speak to someone and let go of any negative emotions.
- You mean so much to your friends and family, they may not say it as often but they really do love you.
- Keep your mind off things that don't help you think positively, keep yourself distracted from bad thoughts.
- Your anxiety will tell you the worst cose scenario. It's a liar don't listen.
- You are not bothering anyone at all, they would love to hear more of your thoughts.
- You're strong and you can get through everything one step at a time.

7 things you can understand about anyone through his/her behavior

- Most people who talk a lot are liars.
- A jealous person will never give you any compliment. Be it a colleague, friend or relative.

- Rude and arrogant people usually don't pay back debts.
- A person who steals from you has also stolen from others.
- A man who insists that you completely break up contacts with a particular friend usually has something to hide. Either he has slept with her, wants her or she knows what you don't know.
- A person who used to have all the time for you decides he/she is too busy because they are done. You are no longer a priority and things will never be the same again.
- A person who talks a lot about money doesn't have it!!!

10 Attractive psychological facts no one will tell you

- Smiling increases happiness. It releases mood-boosting chemicals and signals kindness.
- Paying attention builds harmony. Practicing active listening shows you value others.
- Acts of kindness release dopamine. Helping others gives a natural mood lift.
- Positive thinking changes brain wiring. Optimism leads to more motivation over time.
- Laughing strengthens relationships. Shared laughter bonds people deeply to create priceless memories.

- Living purposefully. Aligning values with actions generates fulfillment.
- Good posture. Standing up straight with shoulders back projects assurance and energy.
- Steady gait. Walking smoothly and evenly signals competence and control.
- Smiling eyes. A smile that reaches your eyes influences warmth and openness.
- Open gestures. Arms uncrossed and hands visible convey receptiveness. Approachable.
- Just small adjustments to how you carry yourself to elevate your own mindset, you unconsciously create a radiant aura to lift those around you.

How to become dangerous and impressive?

- Look into people's eyes no matter who they are.
- Never appear stressed, always act calm.
- Don't show your weakness, don't let people use it against you.
- Dress classy , always wear a watch.
- Never respond immediately, wait a few seconds, then respond coldly and briefly.
- Speak slowly, it shows your self confidence in what you are saying.

10 Deepest truth everyone should understand on time

- Suicide is the 3rd leading cause of death among youths. This tells us that mental health is underrated.
- Nothing in this world is free. If you're not a customer, you're the product being advertised.
- It's cheaper to learn from other people's mistakes than your own.
- Anything you say or do can be used against you (not just in court).
- Two things that determine how people treat you are: how you treat them and what you tolerate.
- No one cares about your story until you win or you gain the sympathy of someone who has.
- Today, the world's emphasis on shaming cowardice has led to a fear of feeling afraid.
- Once they cheat on their partner with you, they'll cheat on you too.
- If the path before you is clear, you're probably on someone else's.
- Those who judge often fear your potential or lag behind.

08 Things you can do now to be happier

- Stop being concerned what the rest of the world says about you.
- Don't be concerned that your life and career aren't working out the way you planned.
- Let go of worrying. It often makes things worse.
- Don't let others use you to avoid being responsible for their own decisions.
- Don't worry about your personality. You don't really have one.
- Stop taking so much notice of how you feel.
- Take no notice of your inner critic.
- Give up on feeling guilty

12 Harsh truths that will make you a strong person

- We can't control the past. Wasting time to worry about it is lost time.
- Sadly, we don't get what we give. Don't expect people to always give back. Not everyone has as giving a heart as you.
- Good things usually don't come easily. And if you think about it, great accomplishments take time too. Don't expect rewards instantly.
- Not everyone will support your dream. Haters, doubters, and pessimists will sabotage every move you make. To overcome this, follow your gut and forget them.
- You are responsible for the problems you encounter, regardless of who caused them.

So instead of blaming others, find a way to get out of situation.

- Our words have the power to hurt. Cruel remarks wound others for life. Use your words to inspire and to liberate instead.
- Failure quickly gets to our hearts, but success goes to our heads. Our character is revealed at our highest and lows. Be humble at the top. Be faithful in the valleys.
- Our assumptions about what happiness should be are what makes us unhappy. Let go of your expectations about what would make you happy.
- We judge ourselves by our ideas and others by their actions. Be a person who others want to meet and be around.
- We all will die. No one will live forever. Start living a purposeful life and try to mend broken relationships, because you never know when life will end.
- Hating oneself starts with breaking one's promises. Once done, it feels terrible. When it becomes a habit, you hate yourself more.
- Sometimes we have to ditch toxic friends from our lives and surroundings.

08 Things you should never do in life

- Never play with someone's feelings just for your happiness.
- Never stop to make yourself better.
- Never think you're not enough.

- Never lose hope in life.
- Never lose your self-respect.
- Never beg for opportunities. Snatch them.
- Never cheat on anyone.
- Never take anyone or anything in life for granted.
- Even if the world takes advantage of you, never let the good person in you die.

06 Places to stay silent at all cost

- Be silent if your words can destroy a friendship.
- Be silent if you don't know the full story.
- Be silent in the heat of anger.
- Be silent if your words can offend a person.
- Be silent if you can't talk without yelling.
- Be silent if your silence can save bonds.

Keep your life private until it's permanent

- Your **success**
- Your **love life**
- Your **income source**
- Your **happiness**
- Your **dreams & goals**
- Your **planning & strategies**

09 Things that do not matter in life

- Number of friends on social media.
- Society's opinion of your career.

- What do others think about you?
- Your past.
- World cup's final match result.
- College degree.
- Living only with expectations.
- How old are you?
- Revenge.

What psychological tricks and hacks are useful to know?

- If someone is trying to make you decide in a hurry, they are probably giving you a bad deal. Walk away.

- Sometimes pretending that you are naive gets you more information.
  Pretending is helpful many times.
- If you want to avoid office politics, say good things about coworkers behind their backs.
- Physical contact makes you more likely to say yes to a request.
- If you want to make someone feel uncomfortable, look at their forehead when you're talking to them.
- When a group of people laugh, they tend to look at the person they like the most.
- Nervousness and excitement have the same body reaction, so if you're nervous for a speech, instead convince yourself you're excited. Its proven to give better speeches, too.

- Ask for something that seems small, but is related, to what you really want. Then, once they've agreed to the small thing, just work up with slightly larger requests until you've achieved the desired outcome. *The agreement hack!.

How to become dangerous and impressive?

Here are the few points

- Walk like you don't care Who's the King.
- Don't talk about yourself.
- Speak less when its necessary. to be Mysterious.
- Dress Well.
- Mind Your Own business.
- Don`t get attracts Towards someone.
- Don`t Compare.

10 Harsh reality of today's world you should not ignore

- "Nothing in this world is free; everything comes with a price."

- "Before expecting any kind of love, learn to live alone."

- "If you are not successful, all your good qualities fade away."

- "Your power depends on your contribution."
- "All the things you lose are not meant for you."
- "Hard times show you the true faces of people."
- "If someone knows they have done wrong to you, they will start avoiding you."
- "Revenge is for losers, growth is for winners."
- "All the decisions, right or wrong, will direct you to the right path in the end."
- "Acceptance will bring you immense peace."

08 Ways to deal with people who want to use you

- Silence reveals true intentions, just observe and listen. People will show who they're.
- Never tell everyone everything, you might be educating the enemy.
- Be smart enough to walk away from negative people.
- In the end, it's up to you to decide what you want. Don't let fear paralyze you.
- Use the power of your mind to empower your life.
- Stop being a people pleaser. Trying to make everyone happy never works. Know you're where you're meant to be.

- Saying"Yes"when you mean"No"hurts you. Saying "No" is the best form of self-care.
- Put yourself first because people will straight up waste your time and energy and you can't get it back.

12 Shocking psychological facts about human attraction

Human attraction is a complex and multifaceted phenomenon influenced by various psychological and biological factors. Here are 12 intriguing psychological facts about human attraction:

- **Similarity Attracts**: People are often drawn to others who share common interests, values, and beliefs. This similarity can create a sense of connection and compatibility.
- **Familiarity Breeds Attraction**: The mere exposure effect suggests that we tend to develop a preference for people and things we encounter frequently. Familiarity can lead to attraction.
- **Physical Proximity Matters**: Being physically close to someone can increase the likelihood of attraction. Proximity allows for more frequent interactions and opportunities to build connections.
- **Symmetry is Appealing**: Studies show that symmetrical facial features are considered more attractive. Symmetry is seen as a sign of genetic fitness and health.

- **Scent Influences Attraction**: Human pheromones, chemical signals, can play a role in attraction. People may be unconsciously drawn to the scent of others with complementary immune systems.
- **Voice Matters**: The sound of a person's voice can impact their attractiveness. People tend to find voices with certain pitch, tone, and speech patterns more appealing.
- **Humor is Attractive**: A sense of humor is often cited as an attractive quality. People are drawn to those who can make them laugh and share a lighthearted connection.
- **Reciprocity of Liking**: Knowing that someone is attracted to us can influence our own attraction to them. Mutual interest often leads to increased attraction.
- **Body Language Signals**: Nonverbal cues, such as eye contact, mirroring, and posture, can convey attraction and interest. Subtle gestures can play a significant role in attraction.
- **Mystery and Uncertainty**: Maintaining an element of mystery or uncertainty can increase attraction. People may find others more appealing when they are not entirely predictable.
- **Status and Resources**: Research suggests that individuals may be attracted to those with higher social status and access to resources, as these qualities can provide security and stability.

- **Love is Neurological**: Attraction and love have neurological underpinnings. Brain chemicals like dopamine, oxytocin, and serotonin are associated with feelings of attraction, attachment, and love.

It's important to note that attraction is highly individual and can vary from person to person. Additionally, while these psychological factors play a role in attraction, the depth and nature of relationships involve many other aspects, including communication, shared values, and emotional connection. Understanding these psychological facts can provide insights into the complexities of human attraction, but building meaningful relationships requires more than just the science of attraction.

07 Rules hard to practice but valuable

- Be aware of your limitations. Know when to stop, before it ruins you. Know when to quit.
- Don’t be open to everybody. Not everyone is that deserving.
- Don’t be too quick to criticize or appreciate someone.
- Never get too attached to anyone. Maintain a certain sense of distance no matter how close you and someone is.
- Never speak less. Never speak more.
- Never trust anyone except the family. Respect and listen to your parents because they are the only real well-wishers of you.

- You don’t require validation from others to confirm what you believe in, when you know you are right.

Be alone until you're valued. Here are 12 signs that you're mentally strong.

- **You are comfortable being alone.** Self-reflect, create, and enjoy your own company without worry, but with peace.
- **You think independently.** Form your own thoughtful opinions rather than blindly following the crowd. *Wolf amongst sheep.*
- **You tolerate discomfort.** Not panicking or quitting when facing challenges.
- **You take full responsibility.** Owning your choices. Not playing the victim or the blame game.
- **You adapt quickly.** Pivoting swiftly when plans change or things go awry.
- **You stay calm under stress.** Viewing high-anxiety situations as learning, and growing opportunities.
- **You see opportunities everywhere.** Reframe negatives into positives. Not the end.
- **You believe in your abilities.** *I can figure it out.*

- **You care about progress over perfection.** Daily incremental improvement matters more.
- **You maintain balance.** Mind, body, spirit, emotions. Nourish all, not over emphasising.
- **You value quality over quantity in relationships.** Search for meaningful, valuable relationships with mutual benefit.

6 Signs that you have a strong mindset

- Resilience: You bounce back from setbacks and challenges.
- Positive Self-Talk: You maintain optimism even in difficult situations.
- Adaptability: You embrace change and thrive in uncertainty.
- Focus on Solutions: You concentrate on solving problems rather than dwelling on them.
- Persistence: You persevere in pursuing your goals, even in the face of obstacles.
- Open to Feedback: You welcome constructive criticism as an opportunity for growth.

10 Thought provoking psychological hacks no one knows

- Cuteness inspires aggression, which is why we often want to squeeze things we find cute.
- If you speak & encourage yourself in-front of mirror, you'll be mentally strong.
- Daydreaming is said to help people focus on what they really want in life.
- Studies have shown that people who dress well; feel better about themselves & are generally happier.
- Those who get out of bed by 7 am are likely to be happier and thinner.
- Depression is the result of over thinking. The mind creates problems that don't even exist.
- You can't read in a dream, because reading & dreaming are functions of different sides of the brain, which do not co-operate while sleeping.
- Your mind can sense someone staring at you even when asleep.
- We only sustain a high level of concentration, for 10 minutes.
- The colour blue causes the brain to release relaxing hormones.

10 Signs that are indicators of personal growth

- You understand your strengths, weaknesses, values, and beliefs, which helps you make informed decisions and take responsibility for your actions.
- You embrace change as an opportunity for growth and are adaptable and resilient in the face of challenges.
- You regularly set meaningful goals for yourself and work towards achieving them in various areas of your life.
- You have a better understanding of your own emotions and are more empathetic towards others, managing and expressing your feelings in a healthy way.
- Your self-confidence has grown over time as you've faced and overcome challenges, and you're willing to take calculated risks.
- You communicate effectively, listen actively, and are skilled at resolving conflicts and building positive relationships.
- You have a thirst for knowledge and actively seek opportunities to learn and grow through reading, courses, workshops, and new experiences.
- You take ownership of your life and choices, no longer blaming external factors or others, and take proactive steps to improve your situation.
- You appreciate the small things in life and focus on the positives rather than dwelling on negatives, cultivating a greater sense of gratitude.

- You prioritize your physical and mental health through regular exercise, a balanced diet, sufficient sleep, and mindfulness or meditation practices.

What are the most brilliant methods for managing oneself?

- The less you start trying to control what isn't in your power, the more liberated you'll feel in life.
- Don't spend so much time trying to be more physically attractive in order to just impress your crush rather than making yourself mentally attractive.
- Everything changes when you realize your diet isn't just what you eat . It's what you watch, what you read , who you follow and who you spend time with.
- Good things happen and bad things too. You want the good things to happen, but the problem is that you're always thinking of what could go wrong.
- Educate yourself, address your recurring toxic thoughts, deal with your insecurities and learn to be happy on your own.
- The " do good, but I hope you don't do better than me" kind of connections aren't much of a connection at all . Hope, you're able to discern between the people that help you in

your elevation and those that clip your wings with their energy.

- It's okay to be horny. It's okay to feel angry. Just don't let it to control you, you will sort it out.
- You need to develop skill to see the best in situations . It doesn't mean you avoid reality but you realize that there's no point in complaining.

08 Bad habits you don't realise they are killing you slowly

- spending too much time in the sun.
- Exercising in the heat.
- Skipping breakfast , eating a large dinner.
- Holding onto negativity. Negativity, worrying too much, and taking things personally which were not meant to be personal.
- Always being busy.
- Drinking too little water on everyday basis.
- Maintaining poor sleep habits.
- Holding grudges and give silent treatment to closed ones.

What are the most interesting facts about human behavior?

Originally Answered: What are the most interesting facts about human behavior ?

- If you are a woman, your looks and figure matters. If you are a man, your wallet matters (specially for this 21st Century Girls / Women) , but that does not apply to all women and men as it's the 21st century and people have started being open minded and looks , figure , bank balance none of that matters as long as you're a nice person that is enough!
- Many believe that they can get others' respect by giving respect. The truth is that people don't respect people, people respect strength and people respect power. In giving respect, if you come across as weak, then you don't get anyone's respect.
- Speaking in a deeper voice helps to establish dominance over the person you are talking to.
- Asking for advice is a powerful way to influence others and warm them to you.
- If you want to get someone to help you out, try the briefest of touches on the upper arm.
- The people who are more successful and rich are considered to be more intelligent.
- Attractive and honest appearance can easily be misleading. People tend to trust appearance more than sincerity.
- Different colors can affect your behavior. Red, for example, makes you more alert and pay attention which is why stop signs and traffic lights use red.

- The blue color is associated with trust. Wearing blue enhances the chances of someone trusting you.
- The way you dress is linked to your mood. So dressing well most often helps you in keeping you happy.
- You can fool your mind that you are happy if you put a pencil in between your teeth.
- When a person cries and the first drop of tears comes from the right eye, It's happiness. If it's from the left, it's pain.
- Crying is how your body speaks when your mouth can't explain the pain you feel.
- Hugging for 20 seconds releases oxytocin, which can cause you to trust someone more.
- Your brain loves intimacy, be it emotional or physical. Intimacy makes the brain feel re-assured that 'I am important, people value me, love me.'
- A woman will only argue with someone she truly cares for. Arguing less occurs when she's less interested.
- When a group of people laughs, people will instinctively look at the person they feel closest to in that group.
- When people know they are watched, they generally behave better.
- If you criticize your spouse or parents for not understanding you. Then you have to understand that no one will understand you all the time. You are a unique person with a

unique perspective. No one can see things from the same perspective as you.

- If you are more interested to learn people psychology or self-help content then search on youtube "**The Mastery Guide Youtube Channel**" or "**Improvement Source**" these channels have awesome animated content.

10 Harsh reality of today's world you should not ignore

- You can't survive being a hero in this world. Be your own kind of Anti hero.
- No one cares about anyone at the end of the day. Ask yourself this question do you care about world hunger everytime?
- We ignore things which are important let's say water and go after things which are not important let's say Gold. If drought happens would you drink water or gold?
- Spend your attention wisely.
- The scare something is in this world the more value it has. Be hard to find and approach. Take the above water and gold example.
- Don't feel bad about saying No if you don't feel like it. No one cares about you when they say **no to you so keep this in mind.**
- The more pragmatic and straightforward you are the more people would hate you.

- Accept the fact the less secure a man is the more prejudice he'll exclude.
- Branding yourself is everything in today's world. Fake it until you make it. I know it's sh^tty idea but this is condition of the society around you.
- Chill

Do you know which habits will damage your brain?

Originally Answered: What are top 10 brain damaging habits?

- **Sex, Sex and Sex** – Thinking all the time.
- **Stay away from smoking & drugs** – It can fuck your brain.
- **Toxic relationship** – This is the major one.
- **Your sleeping habits** – Lack of proper sleep proliferated the death of brain cells which are playing an important role in vitalizing the body and mind.
- **Not drinking enough water** – Taking less water every day is also very harmful for both our body and of-course our brain. It's better to take 9 to 10 glass of water everyday.
- **Too much Introversion/ Extroversion** – Not talking to anyone and avoiding everyone will take you to no man's land and develop

chronic psychic problems and make u crazy permanently. Too much induced to people will create a daily picnic and you will merely be able to accomplish your daily routine.

- **Self-doubts** – Every great person in some point of their life, they have self-doubt but they believe they can overcome their doubts. So when self-doubts knock your door, open the door and fuck it!
- **Over thinking** – When you assume negatively, 90% chances that's not gonna happen with you. So chill!! And if you are still thinking about that 10% then remember, a Superhero/ Super heroine inside you, you need to awaken them.
- **Your friend Circle** – If you spend your time with negative people they will only feed you negativity. So remember you are the average of your 5 friends.
- Watching meaningless video on youtube, instead of watching channel like " **The Mastery Guide Youtube Channel**" or "**Improvement Source**" here you will found intellectual awesome content on animated format.

Are people with higher IQ more likely to be depressed?

- **Overthinking:**

Intelligent people often think a lot and can be negative thinkers, increasing their risk of depression.

- **Sensitivity:**

  High-IQ individuals may be more sensitive to life's challenges and mysteries, making them feel emotionally burdened and leading to depression.

- **Social Isolation:**

  Some intelligent people struggle to find like-minded friends, leading to loneliness and depression.

- **Perfectionism:**

  They often set high standards for themselves. When they can meet these standards, they may feel they need to be more and burn out.

- **Existential Questions:**

  Highly intelligent people may ask deep questions about life, death, and meaning, leading to depression marked by hopelessness and purposelessness.

10 Signs that you are wasting your life

- You always feel demotivated and you don't understand the meaning of life.

- You think someone else is responsible for your failure.
- You want success but don't want to pay the price.
- You think about what people will say and because of that, you are not able to take any action.
- You don't have any plans for the next few years.
- Spending many hours of the day watching the reels.
- Sleeping too much and not taking action with any plan for the future.
- Only planning for the future but you don’t have balance with action.
- You are drifting in the social current, you have no control over your life.
- You do not have any plan for the next day and your daily life goes on doing anything randomly.

What is something you learned too early in your life?

- Don't sit at the table where you might be the topic when you get up.
- The only person who’s stopping you from your dre Don’t ams is staring at you in the mirror.

- Remember that you become what you believe.
- Being not good looking is very bad for the society. People will just look at your face & conclude that you're wicked,
- Don't let your mood control you. Learn to control your mood, so you can regain your personal power and control your whole life.
- Sometimes you can't explain what you feel for a person.
- Don't be afraid of rejection and pain. Be afraid of not making moves because that leads to learning nothing and only stagnation.
- No one can make you feel inferior without your consent. Never forget.
- You won't find passion sitting on the couch. Enjoy your life.
- Avoid making your brain a garbage dump for empty, shallow media . Read. Write. Learn skills.
- Circle of friends should be small. Choose quality over quantity.
- Your kids will always come first in priority, but that doesn't mean you've to lose yourself in the process.

What are the best one-minute life hacks?

- If you have to charge your phone at your friend's house, leave your bike/car keys by the phone so you can't leave without it.

- When someone asks you for nudes and you don’t want to send any, just send the text “Did you get it?” without sending any pictures.
- Three things to keep private: Love Life, Income, Next big Move.
- Want to know if someone has romantic feelings for you? Look at their eyes! People's pupils expand by 45% when looking at a love interest
- Talk to someone you love, every day.
- When you're confused between two options, flip a coin in the air. Not to decide, but you'll get to know what you want when it's in the air!
- You spend all your health initially for wealth and then you spend all your wealth for one day of good health.
- Always drink more water in the morning and less in the night for better digestion.
- Carry a water bottle during presentation, if you forget what to say then drink, no one will notice.
- The most powerful way to win an argument is by asking questions. You'd be surprised at how it can make people see the flaws in their logic.

How can you identify intelligent people?

- Intelligent people are very creative.

- They know the value of time, so they act on purpose and plan.
- They are committed.
- They are curious.
- They see opportunities where others see faults.
- They are believe in continuous learning and self-development.
- They love to read books.
- They change with changes!
- They have self-control.
- Intelligent people take risk in life; average people play safe in life.
- They fear nothing but mediocrity.

10 Harsh reality of today's world you should not ignore

- True love is rare and hard to find.
- Almost everyone will try to control you.
- You will NEVER be able to get rid of criticisms.
- Sharing your feelings with parents is way too hard.
- Mental health has no importance to most people.
- Body shaming has become a common issue.
- Money is being considered as the most valuable thing to many people.
- Expressing your emotions will be considered as your weakness.

- Social media sets our boundaries nowadays.
- We remember most things, till it's not a trend anymore.

What just screams green flags about someone?

- They listen to you attentively and show genuine interest in what you have to say. They don't interrupt you, judge you, or try to change the topic.
- They respect your boundaries and preferences.
- They don't pressure you to do something you don't want to do, or make you feel guilty for saying no.
- They accept your choices and support your decisions. They don't invade your privacy or personal space without your consent.
- They are honest and consistent. They don't lie to you, manipulate you, or play games with you.
- They keep their promises and follow through on their commitments.
- They admit their mistakes and apologize when they are wrong.
- They celebrate your achievements and comfort you in your failures.
- They are fun and positive. They have a good sense of humor and can make you laugh.

- They are optimistic and hopeful about the future. They enjoy spending time with you and share your interests and hobbies.

Importance of Prayers and Namaz in Menifestation of Success.

Prayers and Namaz (Islamic ritual prayer) have been studied from various perspectives, including a scientific one. It's important to note that science primarily deals with empirical evidence, and matters of faith and spirituality are inherently subjective and may not always align with scientific principles. However, there are aspects of prayers and Namaz that can be examined scientifically:

1. Stress Reduction: Scientific studies have shown that engaging in prayer and meditation, such as Namaz, can reduce stress and anxiety. Regular prayer can help activate the body's relaxation response, which in turn can lead to lower levels of stress hormones.

2. Improved Concentration: The act of prayer can involve focus and concentration, which can enhance cognitive functions. This mental discipline can potentially improve attention, memory, and problem-solving skills.

3. Emotional Well-Being: Prayers and Namaz often include expressions of gratitude, forgiveness, and seeking blessings for oneself and others. Such positive emotions can contribute to overall emotional well-being and mental health.

4. Community Bonding: Praying in congregational settings, like in a mosque, can foster a sense of community and social support. These connections have been linked to better mental health and overall well-being.

5. Mind-Body Connection: Some scientific studies have explored the mind-body connection, and how meditation and prayer practices like Namaz can influence physical health, such as blood pressure and heart rate.

6. Discipline and Routine: Engaging in daily prayer routines can instill a sense of discipline and structure in one's life. This can be important for maintaining a healthy lifestyle and achieving personal goals.

7. Coping Mechanism: In times of stress or adversity, many people turn to prayer as a coping mechanism. While the effectiveness of this coping strategy can vary

from person to person, it does provide a sense of comfort and hope for many individuals.

It's important to remember that the effects of prayer and Namaz can vary from person to person, and not all individuals may experience the same benefits. Furthermore, many of the scientific studies in this area are ongoing and inconclusive, as the impact of spirituality and faith on well-being is complex and multifaceted.

Ultimately, the value of prayers and Namaz extends beyond their potential scientific benefits for many people, as they are deeply rooted in religious beliefs, cultural practices, and personal spirituality. These practices can provide a sense of purpose, connection with a higher power, and moral guidance, which may not be fully explained by scientific analysis.

What are some of the most awesome psychological facts?

- 23% of couples who meet online end up being married.
- Some psychologists say that humans can not be "just friends" with opposite sex members.

- A research shows that a woman is more drawn to a person when she is not sure how much he loves her.

- If you want to know if someone loves you, look at their eyes: if we are in love, the pupil expands up to 45 percent.

- People who are really in love tend to get jealous over stupid things

- The way a man stands counts for over 80% of a woman's first impression

- More than half of people who believe in love at first sight have already experienced it.

- Men are known to fall in love faster than women

- Falling in love at first sight is apparently true according to psychologists.

- People generally prefer an attractive face over an attractive body when they are looking for a long term relationship.

06 Coolest psychological hacks you should read!

- Certainly, here are six intriguing psychological insights that can be both fascinating and helpful in various aspects of life:

- The Baader-Meinhof Phenomenon: This is when you learn about something new and suddenly start seeing it everywhere. It's a form of cognitive bias that highlights our brain's ability to focus on things that have recently entered our awareness.

- The Dunning-Kruger Effect: This refers to the tendency of people with low ability at a task to overestimate their ability, while those with high ability often underestimate themselves. It's a reminder to stay humble and continuously strive for improvement.

- The Zeigarnik Effect People tend to remember uncompleted or interrupted tasks better than completed ones. This can be used in productivity by deliberately leaving tasks unfinished to keep them top of mind.

- The Paradox of Choice: Too many choices can lead to decision paralysis and dissatisfaction. Simplifying options can often lead to more contentment.

- Mirroring: Subtly mirroring someone's body language, speech patterns, or gestures can build rapport and make them feel more comfortable around you.

- The Pygmalion Effect: People tend to perform better when they believe others have high expectations of them. Setting high expectations for yourself or others can lead to improved performance.

- These psychological phenomena offer insight into how our minds work and can be applied in various personal and professional contexts. However, always use this knowledge ethically and considerately, respecting others' feelings and autonomy.

What makes a relationship work?

- Physical Intimacy - This is the major one!
- Communicate daily –Even during very busy times just a few minutes of really sharing and connecting can help keep bonds strong.
- Give attention - Never ever ignore your partner.
- Ask with care- How there day going, are they happy or not and ask, how you can help them.
- Don't live them alone- Don't feel them alone.
- No one is perfect- So forgive them.
- Celebrate their success.-Encourage them.
- Hope this will help.

05 Greatest Psychological hacks you should know

- Psychological hacks can be used in various situations, but it's essential to use them ethically and responsibly. Here are five psychological principles you should be aware of:

- Reciprocity: People tend to feel obliged to reciprocate when someone does something for them. If you want to influence someone, consider doing a favor for them first.

- Social Proof: People often look to others for guidance on how to behave. If you want to persuade someone, show them that others are already doing it or agreeing with your idea.

- Scarcity: The idea that something is more desirable when it's scarce or in limited supply. Use this principle sparingly to create a sense of urgency or exclusivity.

- Anchoring: The first piece of information someone receives often becomes the anchor by which they judge all subsequent information. When negotiating or presenting information, start with a strong point to influence their perception.

- Consistency: People tend to act in ways that are consistent with their previous actions and commitments. If you can get someone to commit

to a small action or belief, they are more likely to follow through with larger commitments later.

- Remember that understanding these principles should be used for ethical and constructive purposes, such as improving communication, negotiation, or persuasion skills. Misusing psychological hacks can harm relationships and trust.

7 things you can understand about anyone through his/her behavior

- So I am going to say that it is fact that the behaviour of a person shows lot of things about that person.

- If a person does not respond to your asking things that means he or she think himself/herself smarter than you.
- If a person talks on meaningless or worthless topics, it means that person has not grown up.
- If a person denies something, it means that person does not have the capacity to accept that thing.
- If a person is sleeping more that means person is somewhere free from stress.
- If a person smiles after listening something it means he or she knows about that very well.

- If someone is showing off too much, it means that he has new money because before that he was definitely poor.
- Person's behaviour shows the atmosphere of that person's home.

What do you love about introverts?

- They will never hurt anyone. Even they can heal you when you get hurt.
- They don't show off in fact they hides their feelings by thinking that what if she/he feels bad after listening. They hides just for you.
- They hardly share their secrets. But can keep your secrets as secrets perfectly.
- They don't gossip. They don't speak bad about you behind your back neither before you.
- They are multi-talented. When you will get to know them you will find that they have hidden talents. But nobody knows about it.
- They can love you unconditionally without even telling you.
- They care for their loved ones. But hardly they show their feelings.
- They are bad at expressing their emotions. But they respect everyone's emotions.
- They won't make fun of anyone. Never.
- They can listen to us when we need someone to share our thoughts and anything.

- They give great advice. They observe everything perfectly and they know more about situations, problems and their solutions. They can advise you for a better life.

14 Bad habits that show lack of Self-esteem

Here are 14 bad habits that can indicate a lack of self-esteem:

- Constantly seeking validation from others.
- Putting others' needs before your own consistently.
- Negative self-talk and self-deprecating language.
- Being overly sensitive to criticism.
- Avoiding eye contact or speaking softly.
- Being unable to accept compliments graciously.
- Struggling to make decisions due to fear of making mistakes.
- Being overly apologetic, even for minor things.
- Comparing yourself to others and feeling inadequate.

- Difficulty setting boundaries and saying no.
- Procrastinating or avoiding challenges due to self-doubt.
- Being unable to advocate for your own needs and desires.
- Engaging in self-sabotaging behaviors.
- Fear of taking on new opportunities or risks.

What are the most brilliant methods for managing oneself?

Hey there! Taking control of your life is super important for your personal growth, happiness, and success. Check out these ten awesome tips to help you manage yourself and live your best life:

- Take some time to reflect on what's important to you. Think about your goals and values, and use this clarity to guide your decisions.
- Set achievable goals for different areas of your life, like your career, health, relationships, and personal growth. Make them specific and clear so you know exactly what you're working towards.
- Prioritize your tasks based on what's most important to you. Focus on activities that align with your long-term goals.

- Manage your time effectively by creating schedules and to-do lists. Use productivity techniques to make the most of your time.
- Practice mindful Namaz, Duas, Ziaraats and meditation to stay present and reduce stress. This will help you make better decisions and manage your emotions.
- Take care of your physical and mental health by eating well, exercising regularly, getting enough sleep, and managing stress.
- Keep learning! Stay curious and seek out opportunities to acquire new knowledge and skills. This will keep you adaptable and relevant in a changing world.
- Work on your communication skills. Learn to express yourself clearly and listen actively to others. Effective communication is key to building relationships and resolving conflicts.
- Take control of your finances by creating a budget, saving and investing wisely, and working towards financial stability and independence.
- Build and maintain strong relationships, both personally and professionally. Networking can open up opportunities, while nurturing relationships brings happiness and support.

08 Greatest causes of low self-esteem

- Counting other people's blessings and overthinking about our curses.

- Connecting and restricting your life with one failed point. Looks=life, money=life, confidence=life.
- Taking self-centered, perfectionist, bullies, or negative people too seriously as if they are the messenger of God.
- Not matching the crowd on something. If six monkeys are sitting together and five of them don't have a tail, the sixth would consider his tail as a deformity.
- Completely ignoring your privileges as you ignore the long online agreements before clicking accept and agree. Is m born in hell, doesn't matter I am healthy, I am educated, I have a family.
- Having no trust in self. If I haven't done something or I couldn't do something before, I can't do it ever. I have not driven a car ever, I can't learn to drive. If it's tough, I am unqualified and unable.
- Two failures in a row and you decide it's not meant for you. The ant that climbed a huge wall after thirty tries is laughing in a corner.
- Most importantly, there's nothing as low self-esteem, it's a self-made decision.

Consider This One…

1. The less you start trying to control what isn't in your power, the more liberated you'll feel in life.

2. Don’t spend so much time trying to be more physically attractive in order to just impress your crush rather than making yourself mentally attractive.
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Are people with higher IQ more likely to be depressed?

1. **Overthinking:**
   Intelligent people often think a lot and can be negative thinkers, increasing their risk of depression.

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   High-IQ individuals may be more sensitive to life's challenges and mysteries, making them feel emotionally burdened and leading to depression.

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5. **Existential Questions:**

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08 Pieces of life advice from an old man

1. You can not move forword if you are stuck and focused on the past.
2. Speak less, observe more. Not everything needs a reaction.
3. Some people will judge you for changing. Others will be celebrate you for growing. Choose your circle carefully.
4. If you have dream go chase it because it's not coming your way without effort.
5. Be so busy improving yourself that you don't have time to pay attention to anything or anyone that distracts you from your growth.
6. Don't use your Energy to worry. Use your energy to believe, create, trust, glow , grow and heal.
7. Most times you have to go through something that absolutely destroys you so you can figure out who you really are.
8. Never be embarrassed to struggle. There is absolutely no shame in working hard to get what you want.

What social skills can I learn from your experiences in just 10 minutes?

1. Never say “No” for any favour asked, immediately, to anyone. Ask for some time to think, and later on reply negatively.
2. Never share your secrets with the person who shares the secrets of other people with you.
3. Be the first one to smile in a metro, in your office, anywhere.
4. The less you speak, the more curious people get. So, keep your mouth shut if you want to be interesting.
5. Be the first one to initiate a hand shake. And make sure it's firm.
6. Don't interrupt in a conversation. Listen politely.
7. Always keep your voice low.
8. Keep your mouth closed when you chew food.
9. Hold your significant other's hand whenever attending a meet up or a function. It shows the strength of your relationship.

How do you stop habits that keep you financially poor?

1. Fuck- Monthly Installment. (Stay away from loans and credit card, if you don’t understand there interest calculations.)
2. Avoid eating outside of home. (Good for your pocket, best for your health)
3. Learn to love delayed gratification.

4. Track all your expenses. Know where your money is going.
5. Have multiple bank accounts. This is how you can separate your saving and expenses.
6. Make it a habit to always separate money from friendship and friendship from business.
7. Pause before any purchase and ask if this will improve your overall quality of life.
8. When you made nay purchase try your best to not use CARD rather use CASH, because you are attach with that physical money. :P
9. Change the way you feel about money.
10. Be an investor, not a gambler.

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What can I do to become smarter?

1. Learn how to ignore.
2. Learn to cook.
3. Learn the basics skills like plumbing, carpentry and mechanics.
4. Learn different languages and different culture.
5. Learn new memory techniques.
6. Learning the Art of Seduction and Mind Manipulation techniques.
7. Learn to control your emotions.
8. Learn how to earn your own money.
9. Learn how to manage your own money.
10. Don’t stuck in your day job, start your own business. (I’m giving you a link in comment panel, go and watch, **How you can build your own business.** Follow these tips.)
11. Avoid pornography, it causes distractions.
12. Avoid toxic people.
13. Stay away from “fake” and “irrational” people.
14. Don't trust everyone.
15. Don't talk about your weaknesses in public, work on them in private.
16. No one is perfect.

17. Everyday do what is difficult for 5 minutes - but every single day. Do it until you master it.
18. Never answer emails, get interrupted by notifications or phone calls when you are at your peak state.
19. Read When You Sit, Listen While You Walk.
20. Master the art of writing, blogging and written communication.
21. Go for a walk in nature.

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- They are multi talented. When you will get to know them you will find that they have hidden talents. But nobody knows about it.
- They can love you unconditionally with out even telling you.
- They cares for their loved ones. But hardly they show their feelings.
- They are bad at expressing their emotions. But they respect everyone's emotions.
- They won't make fun of anyone. Never.

- They can listen to us when we needs someone to share our thoughts and anything.
- They gives great advice. They observe everything perfectly and they knows more about situations, problems and their solutions. They can advice you for a better life.

Don't waste your energy on these 07 things

Straight To The Point:

1. People who seek constant validation (thank me later)
2. Commercial trendy content (Tiktoks, movies, trendy books, beauty hacks, trendy ways to make money, etc): All is a waste of your money and energy, and none will be relevant long-term.
3. Religious and nonreligious fanaticism (We can discuss this in the comments)
4. Conspiracy theories (would do you more harm than good to consume these topics)
5. Pornography!
6. Negativity (Through exposing yourself to an overdose of political content for example)
7. The Perfect Body Image: Not saying you shouldn't take care of your health, or you shouldn’t aspire to look better, but be at peace with what you look like, and believe you can always enhance and improve your image according to your physiological standards

12 Things no one tells you about adult life

1. Not everyone will like you for being a good person.
2. People will hate you just because other people likes you.
3. If you don't learn to say no, you will keep doing the things what people says.
4. Life will only give you what you deserves.
5. If you are talented then also you have to work hard.
6. No matter who you are there will always be someone who will hate you.
7. You will repeat your own mistakes many times.
8. There will be someone who will love you no matter what.
9. Relatives can be your enemies sometimes.
10. Age doesn't defines maturity.
11. Situation will force you to leave everything but that time defines you.
12. Self love matters a lot. If you love yourself then you don't need anyone else for anything. You can make yourself happy.

10 Signs that are indicators of personal growth

1. You understand your strengths, weaknesses, values, and beliefs, which helps you make informed decisions and take responsibility for your actions.
2. You embrace change as an opportunity for growth and are adaptable and resilient in the face of challenges.
3. You regularly set meaningful goals for yourself and work towards achieving them in various areas of your life.
4. You have a better understanding of your own emotions and are more empathetic towards others, managing and expressing your feelings in a healthy way.
5. Your self-confidence has grown over time as you've faced and overcome challenges, and you're willing to take calculated risks.
6. You communicate effectively, listen actively, and are skilled at resolving conflicts and building positive relationships.
7. You have a thirst for knowledge and actively seek opportunities to learn and grow through reading, courses, workshops, and new experiences.
8. You take ownership of your life and choices, no longer blaming external factors or others, and take proactive steps to improve your situation.
9. You appreciate the small things in life and focus on the positives rather than dwelling on

negatives, cultivating a greater sense of gratitude.

10. You prioritize your physical and mental health through regular exercise, a balanced diet, sufficient sleep, and mindfulness or meditation practices.

What are the things that are not drugs but still very addictive for humans?

1. Pornography.
2. Social Media.
3. Sugar.
4. Eating disorders.
5. Sex.
6. Shopping.
7. Video or computer games.
8. Gambling.

Bad Habits That Make You Less Attractive

1. **Poor hygiene.** Greasy hair, body odor, unbrushed teeth, dirty nails, etc. instantly turn people off. Take care of your grooming. Plus it will make you sick and risk more infections.

2. **Interrupting.** Cutting people off when they're speaking is rude and self-centered. Listen fully.
3. **Complaining and negativity.** Negative venting just brings the atmosphere and others down. Nobody likes that. Keep it positive.
4. **Bragging.** Thinking the whole world revolves around you. Being excessive about yourself and your achievements can be the most annoying thing for other people. It reeks of insecurity.
5. **Closed body language and no confidence.** Crossed arms and hunched posture convey closed-off hostility or lack of confidence. Nobody wants someone with zero energy. Open up.
6. **Poor manners and being disrespectful.** Rudeness, stupid behavior, lack of basic manners, badmouthing, etc. It's highly unlikable and breeds distrust. Mind your manners, yourself, and others.
7. **Lack of curiosity and closed-mindedness**. A dull person who finds no joy or avoidance in learning new things or perspectives, no hobbies or interests, no passions or talents, etc. No one wants to talk with zombies or arrogant and characterless people.
8. **Addiction to technology.** Constantly staring at a phone or device even when with others. Disconnected.
9. **Poor listening skills.** Only waiting for their turn to talk, completely neglecting what the other person is saying rather than engaging.

What are some harsh realities of life?

1. If a woman is earning, she is earning for herself; if a man is earning, he is earning for the family (in most cases).

2. If a woman is behind money, then a man is behind beauty. No woman wants a broke man, and no man wants an ugly woman.

3. Working women received more respect than housewifes, irrespective of their work burden.

4. A man's capability is always judged by how much he is earning.

5. And a woman's capability is measured by how beautiful and fit she is.

6. We have true friends in our school life because we are innocent when we are children, and we have fake friends in college because our minds became corrupt while growing up.

7. If you look more deeply, you will understand there is no equality; everything in this world is unequal

8. If a women really want to get respect then being independent and earning money is the only option.

How do I become mentally strong?

1. Avoid watching porn: porn is a fake world it's simply destroying your mind and your productivity. So overcome this fantasy world.

2. Positivity of thought: Develop an optimistic attitude on life. Confront your negative thoughts and swap them out with positive ones.

3. Emotional regulation: Develop good emotional management skills. To maintain your composure under stressful circumstances, try deep breathing, mindfulness, or meditation.

4. Resilience: View setbacks as chances to improve and learn. By overcoming obstacles head-on and refusing to give up easily, you can develop resilience.

5. Establish definite, attainable goals. Track your progress and divide them into smaller chunks.

6. Healthy routines: Make physical fitness a priority by exercising frequently

What are some signs that a person is pure hearted?

1. They enter a room and everyone is happy
2. Everyone wants to be around or at least sit closer to them
3. Their opinions matter a lot

4. They give advises that are helpful and taken seriously
5. When people talk of a pure hearted person they've heard of without knowing it's you, then you are very pure hearted
6. A pure hearted person bleeds inside even when people they don't know are suffering
7. Their smiles are infectious
8. Their deeds are respectful to everyone
9. They avoid hurting anyone, even an insect
10. Pure hearted people take their time to listen to others and get even as little solution as they can to satisfy others or make them happy
11. They are active in charitable organizations
12. They love peace and pray for it. They pray for the world
13. They share
14. Someone with a pure heart forgives
15. They forget about bad things very fast
16. They do and know when they must apologize
17. They are very greatful even at small things
18. They are friendly to strangers and makes them feel comfortable if not important
19. They show understanding and kindness
20. Pure hearted people are very God fearing....

42 Cheat Codes I Wish I Knew At 22.

1. **Compound interest.** Start investing early and let returns multiply over decades. *'It's the eighth wonder of the world.'*
2. **80/20 principle.** 80% of outcomes come from 20% of activities. Focus efforts on your vital few priorities. Eliminate the rest. Saves you from wasting time, energy, and headaches.
3. **Delayed gratification.** Forgo instant pleasures for greater long-term rewards. Patience and discipline pay off. People who delay gratification are most likely going to become the best.
4. **Mental models.** Learn key concepts from multiple disciplines to analyze problems from all angles.
5. **Habit stacking.** Chain new habits onto existing routines to integrate them seamlessly. Start reading? Read while you take public transport.
6. **10000-hour rule.** Mastery requires massive amounts of deliberate practice over the years. It's a marathon, not a sprint.
7. **Value generation.** Provide scarce solutions to pressing problems. Skills that create value will always be rewarded.
8. **110% is impossible.** Pace yourself for the long haul. Avoid burnout.
9. **Influence.** Learn techniques of ethical persuasion and negotiation. Many doors open for those able to sway peers.
10. **Network power.** Real opportunities come from people, not job boards. Nurture win-win relationships.

11. **Luck surface area.** More experiments and chances taken increase the likelihood.
12. **Wealth-building assets.** Accumulate income-generating assets that make money whether you work or not.
13. **Run cost/benefit analyses.** Weigh the downsides and opportunity costs before acting. Think long-term impact.
14. **No zero days.** Do at least one concrete thing daily for progression. Compounded micro gains add up.
15. **Mental contrasting.** Envision future goals but also current reality checks to formulate a plan.
16. **Metabolism myths.** Calories in, and calories out dictate weight. You can't "boost" metabolism enough to compensate for a poor diet.
17. **Future pacing.** Vividly imagine having achieved your goal. Raises confidence and motivation.
18. **Cognitive dissonance.** Once we make a difficult commitment, our minds will find ways to rationalize it. Use this to cement change.
19. **Triggers.** Engineer your environment and cues for desired habits to happen automatically.
20. **High-performance mindset.** Train concentration and confidence with mental rehearsal. Become your best self first inwardly.
21. **Cost per use.** Calculate cost over lifetime use rather than one-time price. A better metric for purchases.

22. **Sunk cost fallacy.** Prior losses should not influence future decisions. Only prospective gains/costs matter.
23. **Vitamins are bunk.** Eat real food over synthetic vitamins. Most multivitamins just produce expensive urine.
24. **Survivorship bias.** We only see success stories, not the far greater failures. Don't be misled by cherry-picked examples.
25. **Willpower muscles.** Strengthen willpower by exerting it. Like a muscle, it fatigues without training. Start small.
26. **Lifestyle creep.** Increasing your means also raises spending if you're not mindful. Save raises rather than inflate lifestyle.
27. **Hedonic adaptation.** We quickly adjust to new income and possessions. Chasing external rewards is often unfulfilling after the high. Find purpose.
28. **Iterate.** Try endless small experiments to build skills fast. You learn more from many small fails than a few big bets.
29. **Bottlenecks.** Identify roadblocks holding you back, then focus efforts on eliminating them first.
30. **Feedback loops.** Seek regular candid feedback to course correct. Don't rely on assumptions.
31. **Stress antibodies.** Inoculate yourself by intentionally experiencing manageable forms of stress. Bounce back stronger.

32. **Rate limiting steps.** Improve the slowest high-leverage step in a system to boost the entire process.
33. **Parkinson's Law.** Work expands to fill the time available. Impose constraints via deadlines to increase efficiency.
34. **Anxiety alchemy.** Reappraise anxiety as excitement. Both produce similar physical arousal. Reframe it.
35. **Beginner's mind.** Approach old problems as if for the first time. Fresh eyes prevent mental ruts.
36. **Occam's Razor.** Simpler solutions are often correct ones when problem-solving. Don't overcomplicate.
37. **Opportunity cost.** Evaluate choices by the value of the next best alternatives you're forgoing. Weigh tradeoffs.
38. **Ladder of inference.** Question assumptions and trace back to raw data. Don't leap to conclusions.
39. **Hanlon's Razor.** Assume ignorance over malice. Don't attribute to ill intent what can be explained by misunderstanding.
40. **Attitude of gratitude.** Write down a few things you're grateful for each day. Gratitude boosts happiness and resilience.
41. **Progress compounds.** Small improvements accumulate exponentially over time into profound change. Start.
42. **Practice mindfulness.** Take 5-10 minutes daily to sit quietly and focus on your breathing.

When your mind wanders, gently return focus to your breath.

13 Signs of a toxic person you shouldn't ignore

Sure, here are 13 signs of a toxic person that you shouldn't ignore:

1. Constant criticism and negativity.

2. Manipulative behavior and emotional blackmail.

3. Lack of respect for boundaries.

4. Always playing the victim.

5. Gossiping and spreading rumors.

6. Controlling and possessive tendencies.

7. Frequent mood swings and unpredictable reactions.

8. Draining your energy with constant drama.

9. Difficulty accepting responsibility for their actions.

10. Jealousy and competition.

11. Frequent lying or deceit.

12. Isolation from friends and family.

13. Difficulty in genuinely apologizing and making amends.

Remember, recognizing these signs can help you protect yourself from toxic relationships.

What are some psychological facts that people don't know?

Psychological facts that people don't know :

- Our fashion and dressing understanding is directly related to our brain. Our confidence increases when we wear nice clothes.
- Men are not more funny than women. Men only make more jokes, they don't care whether someone likes jokes or not.
- People with high IQ levels have difficulty falling in love with someone. (This is ofc true ;)
- People who talk to themselves are smart by nature.
- Men with a deep voice are often perceived as more attractive. They are also perceived to cheat more readily by women.
- People who think they are being watched will generally behave better.
- Alcohol enlarges the ego. Marijuana shrinks it.
- Power is the root of all evil. Money is only a symbol of power. People who have the most control over others know that there are more effective ways to control people than money.
- The sloppier someone's Handwriting is the smarter they are. Because they think faster.

- Meditation can change brain structure in just 8 weeks . It also increases grey matter in parts of the brain associated with learning.
- Whoever is trying to bring you down is already below you.
- Your shoes are much important than you think. People draw many conclusions about a person based on what shoes they're wearing.
- Haters don't really hate you. In fact, they hate themselves because you're a reflection of what they wish to be.
- Anger triggers the region of the brain associated with honesty, that's when the truth comes out.
- Hugging for 20 seconds releases oxytocin, which can cause you to trust someone more.
- A person who tries to keep everyone happy ends up being the loneliest.
- The average amount of time a women can keep secret is 48 hours.
- The last person you remember before sleep , is the reason for your happiness or your pain. (I believe in this)
- The person who gives the best advice are usually the ones with most problems.
- The one who cries with you in your pain can never leave you.
- its impossible to remain angry at someone you truly love. Anger lasting more than 3 days indicate you're not in love.
- People with high levels of testosterone get pleasure from the anger of others.

- Forcing yourself to look happy — a big fake smile, shoulders back, head up, etc., can actually make you feel happier. Try it. It only takes a couple of minutes.
- Looking into another person's eyes for 3 minutes can create a powerful bond, even with a stranger. In many cases, your heart rates will synchronize. If the other person is your lover? Be ready for something.

Top 09 social life hacks everyone should know

1. Never break up without giving a reason.
2. Never ask anyone if he/she is virgin or not.
3. Never check someone's phone, especially the gallery and apps.
4. Never force your decisions on anyone.
5. Never ask for money from someone with whom you have a very close relationship.
6. Never speak too much in front of anyone.
7. Don't look here and there whenever someone is talking with you.
8. Never force anyone to love you.
9. Never bully or make fun of someone unless they're your best friend.

What are some weird psychological facts about humans?

1. Larger groups make worse and more subjective choices than smaller groups of people.
2. If you can't interrupt the stream of thinking at night, write it down. This is going to put your mind at ease so that you can relax.
3. Women have half as many pain receptors on their bodies as males, but they have a much greater threshold for pain.
4. Physically, repetition affects the brain as new associations are made between brain cells.
5. The maximum number of close relationships/friendships you can maintain is between 50 and 150.
6. Any relationship born between 16 and 28 years of age is more likely to be robust and long-lasting.
7. Emotional pain is remembered better than actual pain which has a greater influence on your behaviour.
8. If we have a plan B, our plan A is less likely to succeed.
9. The starting and the ending are easier to recall than the middle ones
10. Anything that your mind says has an identical response from the body's cells.

What are some mind blowing facts about female psychology?

- Women tend to argue more with the people they care about. If they don't, maybe they are not interested.
- According to a survey, 70% of women use silence to express pain. You know she is truly hurt when she chooses to ignore you.
- Girls don't like being stared at, unless they are already staring at you.
- A woman will never like you overpraising another woman, even your mother.
- A girl cannot keep a secret for more than 47 hours. She would definitely share with someone.
- She responds to pain and anxiety differently. Women are more prone to depression, post-traumatic stress disorder, and other anxiety disorders.
- Women take 15 days to fall in love. Men just 8.2 seconds
- The majority of women choose stylish presentation over comfort.
- Women with higher IQ's have a harder time finding a mate. Intelligent women would rather remain single than be with the wrong person.
- Women think about their appearance around nine times a day.
- The male brain is 10% bigger than the female brain, but the female brain works more efficiently.

- Only 2% of women describe themselves as beautiful.
- According to a study, a woman is more responsible for romance when her stomach is full.

08 Bad habits you don't realize they are killing you slowly

1. You Spend A Lot Of Time Alone.
2. You Eat At Your Desk.
3. You're Staying In An Unhappy Marriage.
4. You Skip Breakfast All The Time.
5. **You Have A Severe Lack Of Sleep.**
6. **You Take Birth Control.**
7. You Frequently Crack Your Neck
8. You Snack When You're Not Hungry.

6 Laws To Win In Life

1.Stop telling people your plans

When you over share, you hurt your own progress. Keep things private and win.

2.Know when to say no

Strong people put their own well being before pleasing others. Practice saying no more often.

3. Make a decision, and commit to it

Too many people lack discipline and go back to their toxic patterns. Make a decision to change, and stick to it.

4. There is power in numbers

Nobody has made it in life all by themselves. You need a team that uplifts and supports you. Stop being a lone wolf.

5. Starve your distractions, feed your focus

Focus on your goals instead of cheap dopamine. You will achieve anything you ever wanted.

6. Always provide value to others

There is only one secret to success: making other people's lives easier. In business and relationships, providing value will keep you their first priority.

14 Bad habits that show lack of Self-esteem

1. tolerating being mistreated
2. over sharing
3. being afraid to say no
4. being too nice

5. measuring your worth by other people's validation
6. gossiping and speaking poorly of other people
7. asking " why" when someone rejects you
8. Apologizing when you're not wrong
9. chasing people
10. having sex to try to get love
11. trying to buy people's love
12. changing things about yourself with plastic surgery
13. staying with someone you're not in love with out of fear of being alone
14. underestimating your intelligence

What is a psychological fact that impresses you the most?

1. Being in love is biochemically the same as having a severe obsessive-compulsive disorder.
2. Being alone for long periods of time is as bad as smoking
3. Dopamine makes you addicted to seeking information
4. When you lose your phone, the anxiety and reaction you have is comparable to having a near death experience.
5. Everybody you see in your dreams, you have met at some time in your life. The brain is not

capable of creating faces so all those people you dream about you have already seen.

6. When you feel like you're low on something like money, you're obsessive about it.
7. You are not being social on social networking.
8. Our brain wanders 30% of the time
9. Individuals who have a deep sense of guilt are better at identifying the emotions and concerns of the people around them.
10. This last one is interesting: *We can udnretsnad any msseed up stnecene as lnog as the lsat and frsit lteerts of wdros are in crrcoet palecs. Suhc as tihs stnecene.*

How to be the problem in our society in 13 steps

1. Open the news. Pick a newspaper controlled by corporate or government interests—or any ideologically motivated publication.
2. Head to the Culture or the Opinions section and look for a catchy headline. Pick a piece where the author is disparaging a public figure.
3. Turn your brain off, read the article with your emotions, and get very angry at what this person has said or done.
4. Do not, under any circumstances, think critically about what the author or the publication's motivations may be for this piece.
5. Do not ever pause to wonder about whether facts were cherry-picked.

6. Do not ever wonder how the author's perspective may be driving the narrative of the piece.
7. Do not ask yourself how the author and the publication may benefit from the piece (money, power, influence, etc.)
8. Absolutely do not do any research about the subject of the piece. Do not read what the person disparaged has written or said publicly.
9. Feel the anger very deeply and make a commitment to yourself to do your part.
10. Put your keyboard warrior hat on and write social media posts regurgitating what you've read in the publication. Don't analyze. Don't question yourself.
11. Tell your friends about the piece you've read and how bad the person who was written about is.
12. If you see people defend the person or bring nuanced thoughts to the conversation, shut them down. Call them names and accuse them of crime by association.
13. Go to bed at night patting yourself on the back for your good work.

What are the coolest/most interesting psychology facts?

1. When someone is staring at you during a fight, he/she is wondering why you're lying.

2. Who gossip to you will gossip about you.
3. Girls are naturally better at detecting lies than boys.
4. Getting paid for doing something you like may make you less creative.
5. People tend to experience déjà vu about a conversation or a dream.
6. Intelligent people are more forgetful than those with average intelligence, and that's true.
7. Before sleeping, 90% your mind begins to imagine the stuff you would like to happen.
8. Smiling may make you feel happier. Even fake smiles too.
9. Social anxiety just means you're terrible at small talk, and you don't know how to be fake.
10. If you remember your dream after you wake up, then it wan't a dream. It was a message.

05 Greatest Psychological hacks you should know

1. Reciprocity: People tend to feel obliged to reciprocate when someone does something for them. If you want to influence someone, consider doing a favor for them first.

2. Social Proof: People often look to others for guidance on how to behave. If you want to persuade someone, show them that others are already doing it or agreeing with your idea.

3. Scarcity: The idea that something is more desirable when it's scarce or in limited supply. Use this principle sparingly to create a sense of urgency or exclusivity.

4. Anchoring: The first piece of information someone receives often becomes the anchor by which they judge all subsequent information. When negotiating or presenting information, start with a strong point to influence their perception.

5. Consistency: People tend to act in ways that are consistent with their previous actions and commitments. If you can get someone to commit to a small action or belief, they are more likely to follow through with larger commitments later.

Remember that understanding these principles should be used for ethical and constructive purposes, such as improving communication, negotiation, or persuasion skills. Misusing psychological hacks can harm relationships and trust.

12 Harsh truths that will make you a strong person

1. Accept the fact that life is unfair.
2. Analyse your insecurities and work on it.
3. Most of the materialistic things which your purchase, you are making it to be temporary happy. Being aware about such purchases requires you to learn emotional intelligence.

4. Being selfish is OKAY. You cannot serve with an empty vessel.
5. Control your pants. Do not let the lust drive take control over you.
6. Everyone wants to be loved and respected. Always start with yourself first. Refer point #4.
7. Whatever your read and hear are just perspective.
8. Forgiving yourself releases that extra burden which is holding you down.
9. Work on the flex to stay calm during tough time.
10. Everyday is an opportunity to be a new YOU. Begin your day with a new perspective. A perspective of a new born who is learning.
11. Either you create problems or you solve it. The latter one makes your feel important. The journey requires efforts, however, the question is do you want to be felt important?
12. Let it GO.

What did you learn too late in life?

Some of the life lessons that everyone often learn too late in life:

1. **Time passes** much more **quickly** than you realize.
2. If you **don't take care** of your body early, then it **won't take care** of you later.

3. Sex and beauty may **fade**, but **intimacy and friendship** only grow.
4. **People** are far more important than any other thing in your life.
5. Money talks. It says **"Goodbye."** If you don't plan your finances for later in life, you'll wish you had.
6. Any seeds you **planted in the past**, either good or bad, will **begin to bear fruit** and affect the quality of your life as you get older – for better or worse.
7. **Jealousy** is a wasted emotion.
8. **Fear of what** others say or think of you is a **trap**.
9. You don't have to wait for retirement to live the life you want.
10. Taking care of your mind and body is essential.
11. Nobody cares if you fail. Your **biggest critic** is **yourself**.
12. Everything is **temporary**.
13. Life isn't fair.
14. Family matters **more than friends**.
15. In order to make yourself happy, you're going to let some people go.
16. **Important people** in your life will come and go.
17. Your **diet is more** than just what you eat.
18. It's better to do something crazy than **regretting later in life**.

05 Strange psychological tricks no one will tell you

1. Try wearing blue when you want to earn someone's trust. Blue attracts positive emotions and let your viewer thinking you're trustable.

2. If someone is showering you with love, admiration and attention at the first impression, chances are they might be using "love bombing strategy" to gain your attention.

3. Have a composed smile even if people throw jokes at you. Responding to the insults makes opponent feel happy as you give in frustration, or uncomfortability, when you burst out they win, wait patiently till you get a chance to crush them completely.

4. If you're wanting to go out with someone or wanting to make an important appointment with someone never prefer Monday or Friday. Cause on Monday people will be mad and on the Friday people will think about the weekend.

5. Have good communications with your enemies, whenever they push a grain of joke they indirectly add a motive that they have on you. It can be either a hint from a plan on how to let you down or likewise.

6 Signs that you have a strong mindset

1. You know how to be humble and firm at the same time .
2. You just smile at people when they are going away from your life because you saw it coming a long time ago, you are okay with it; because you understand how life works.
3. You have become smarter at learning from your experiences, and next time you respond better to similar situations.
4. You guide people who are going through similar life experiences because you don't want them to face it all alone as you did.
5. You avoid unnecessary arguments but when you do you make it clear that you are not easily to mess up with.
6. You prioritize your inner circle people and your dreams above anyone and anything.

Effective ways to become a mentally strong person

1. **Develop Resilience:** Focus on your ability to bounce back from adversity. Always ask: "How can I solve this" rather than, "What the hell is this".
2. **Maintain a healthy lifestyle:** Goes without explaining.
3. **Read! Prioritize learning anything you're interested in:** it'll teach you 2 things:
   a. You don't know enough

b. You can always be more patient than now.

4. Set Realistic Goals.

5. Embrace Openness: People are different, no level of difference should shock you.

Effective ways to become a mentally strong person

I didn't have mental strength because my mind was the problem:

Meditaton is the best thing I know to help develop mental strength.

It is literally exercise for the brain :)

Especially the meditation that eliminates your false mind!

The false mind is the accumulation of the past, and I found the reason why I had no mental strength was because I had so many experiences of failure and mental weakness that I began to see myself that way - and it became automatic and I couldn't escape

It was the way of thinking which robbed me of my inner strength!

Once I learnt to let go of all of that mind of lies that I had been programmed with, I found my inner strength!

I discovered that True Mind that is within all of us is the mind of true mental strength :D

Once I had a clear mind, then I needed to change my habits:

But it's been important for me to not just rely solely on meditation, because I also had to change my habits.

Exercising regularly has also been a way to nurture and build that mental strength, as well as taking are of my body with eating, and not succumbing to my desire, as well doing things I don't necessarily like doing

Look at world like a master psychologist

1. If there are no wrinkles on their face while smiling -it's a fake smile.
2. If a guy stands up while doing handshake - he is a respected guy.
3. If someone always do handshake weakly - he's just a nice guy with no etiquette.
4. If you see someone suddenly jerk their head when you ask them a direct question, they may be lying to you about something.
5. If someone mostly speak fast - hiding many secrets.

What are some interesting facts about subconscious mind?

1:-Subconcious mind speaks to you in dreams.

2:—It's million times powerful than conscious mind.

3:— Subconscious mind can do trillion things at once.

4:—Subconcious mind has no verbal language.

5:—It controls 95% of our lives.

6:— Subconscious mind builds on our habituation.

7:— Subconscious mind is not logical, it's feeling mind.

8:—subconcious mind records everything.

9:- Subconscious mind is always alert and awake.

12 Golden things you learned with age

1. **It's okay to say no.** If we keep on saying yes. We stand for nothing. Not even ourselves!
2. **Comparison is the thief of joy.** Comparing yourself to others is a recipe for unhappiness. Everyone is on their own unique journey, so focus on your own path.

3. **It's important to forgive.** Having grudges and resentment will only hurt you in the long run. Forgiveness is a gift that you can give yourself, Use it to let go and live a happier life.
4. **Relationships are more important than anything.** Your relationships are the most precious things in your life.
5. **Health is wealth.** Take care of your body and mind because they're the only ones you have.
6. **It's never too late to learn something new. Always learn.** One of the best things you can do for yourself. Expands knowledge, perspectives and opportunities.
7. **Life is short.** Don't waste it on things that don't matter. *Live life to the fullest for a fulfilled life.*
8. **The most important thing is to be happy.** Find and do it. Don't worry about what other people. Just focus on living your best life.
9. **Don't be afraid to be alone.** Spending time alone in self-reflection is the only way to know yourself better.
10. **Don't be afraid to fail.** Failure only exists when you give up. When you don't it's called learning.
11. **Don't be afraid to take risks.** Life is too short to play it safe all the time. *The biggest risk is taking none.*
12. **Follow your dreams.** Don't live a life of regret. Don't let anyone tell you otherwise. The p*ain of hard work and failure only leaves bruises, but the pain of regret and never trying leaves scars for life.*

12 Golden things you learned with age

As people age, they often gain wisdom and perspective from their life experiences. Here are 12 golden insights that many people learn as they grow older:

1. **The Value of Time:** With age comes an awareness of how precious time is. People realize the importance of making the most of their time and cherishing moments with loved ones.

2. **Prioritizing Relationships:** As people age, they often prioritize their relationships with family and close friends. They recognize the significance of these bonds for their well-being and happiness.

3. **Embracing Change:** Older individuals tend to become more adaptable and accepting of change. They understand that change is a natural part of life and can lead to growth and new opportunities.

4. **Resilience:** Life's challenges and setbacks teach the importance of resilience. Older individuals often develop the ability to bounce back from adversity and remain strong in the face of difficulties.

5. **Letting Go of Grudges:** Holding onto grudges and resentment becomes less appealing with age. Many people realize that forgiveness and letting go of past grievances are liberating.

6. **Living in the Present:** With age comes the wisdom of living in the present moment. People learn to savor

and appreciate the here and now, rather than dwelling on the past or worrying excessively about the future.

7. **Self-acceptance:** Older individuals tend to become more comfortable with themselves and embrace their imperfections. They realize that self-acceptance is key to happiness.

8. **Humility:** Life experience often teaches humility. People recognize that they don't have all the answers and that there is always more to learn from others and from life itself.

9. **Gratitude:** Gratitude becomes a central part of life as people age. They appreciate the simple joys and blessings in life, which can lead to greater contentment.

10. **Materialism's Diminishing Value:** As people accumulate life experience, they often place less emphasis on material possessions and more on intangible values like love, kindness, and personal growth.

11. **Self-care:** Older individuals tend to prioritize self-care and their overall well-being. They understand the importance of maintaining their physical and mental health.

12. **The Power of Positivity:** Many older individuals have learned that maintaining a positive attitude can make a significant difference in their quality of life. They focus on positivity, gratitude, and a hopeful outlook.

These golden insights can vary from person to person, and not everyone will learn them in the same way or at the same pace. However, they reflect some of the common wisdom that often comes with age and experience.

What are some mind-blowing psychological facts about males?

1.Men have a harder time talking to women who are physically more attractive.

2.Men can easily perform analytical processes while driving and can drive fast safely.

3.Men spend almost a year of their lives staring at women according to a survey

4.Men are more likely to underestimate a women's level of interest.

5.Men are more likely to be more emotionally affected by break-ups than women are.

6.Men say approx. 12,500 words a per day, whereas women say 22,000.

7.Men are likely to make impulsive decisions than women are.

8.Boys tend to lower their voice when talking to their crush.

9.Boys lead on achievement tests while, girls do better on classroom grades.

What are some best psychological facts?

1-People look more attractive when they speak about the things they are really interested in.

2- Women who have mostly male friends stay in a good mood more often.

3-The people who give the best advice are usually the ones with the most problems.

4-People who have a strong sense of guilt are better at understanding other people's thoughts and feelings.

5-Shy people talk little about themselves, but they do this in a way that makes other people feel that they know them very well.

6-Listening to high-frequency music makes you feel calm, relaxed, and happy.

7--If you can't stop your stream of thoughts at night, get up and write them down. This will set your mind at ease so you can sleep.

8-Good morning and good night text messages activate the part of the brain responsible for happiness**.**

9- Doing things that scare you will make you happier.

10- People who try to keep everyone happy often end up feeling the loneliest.

11-The happier we are, the less sleep we require.

12- Intelligent people tend to have less friends than the average person. The smarter the person is, the more selective they become.

13-People who speak two languages may unconsciously shift their personalities when they switch from one language to another.

14- Being alone for a long time is as bad for your health as smoking 15 cigarettes a day.

15- Traveling boosts brain health and also decreases a person's risk of heart attack and depression.

Note: All people can't be same. It's happens with majority. Someone may disagree.

06 Things everyone should avoid to tell people

1. Don't tell people your failures. They will always see you as a failure and never give you the opportunity.

2. Don't tell people your plans. They will sabotage you.
3. Don't tell people your next big move. Move in silence, take action, and shock them with your results.
4. Don't tell people your income or the source of your income. Always make them wonder.
5. Don't tell people your weakness. They will use them against you.
6. Don't tell people your secrets. Only a fool reveals secrets.

Deep quotes that can be used everyday?

1. Not everyone will like you. That's life.
2. Be proud. You survived the days you thought you couldn't.
3. Don't go broke and impress broke people.
4. Make peace with your past, so it won't screw up the present.
5. Stop telling people everything. Most people don't care, and some secretly want you to fail.
6. Don't compare your life to others. You have no idea what their journey is all about.
7. Never underestimate the power of stupid people.
8. No one is going to figure out your life. It's your responsibility.
9. Sometimes you win. Sometimes you learn.

10. If nobody helps you, do it alone.
11. Take your financial life seriously. Money is a defense to a lot of challenges.
12. Be selfish with your time. A lot of people don't deserve it.
13. You can't go back and change the beginning. But you can start where you are, and change the ending.
14. Being alone gives us an opportunity to reconnect with ourselves.
15. Sometimes you need to stop seeing the good in people and start seeing what they show you.
16. Don't pretend to be better than you are. Live life at your own pace.
17. Your deepest, darkest moment may be the best thing that ever happens to you.
18. Do unto others as you would have them do unto you.
19. If you don't ask, you don't get.

weirdest psychological fact you know

Here are some crazy facts about psychology, maybe the last one is the creepiest:

1. When you hug someone longer than 20 seconds, oxytocin - the love hormone - gets released into your body that makes you trust the person you're hugging.

2. You start feeling **depressed** as a result of overthinking. In this state, your mind creates problems that don't exist.
3. People are more likely to be **happier** when they are kept busy, as this stops them from thinking about the problems or negative things in life.
4. When you remember a past event, you are actually **remembering** the last time when you remembered it.
5. Comedians and funny peoples are actually more depressed than others.
6. When you are single all you see are happy couples, when you are not you find happy singles.
7. Women judge so quickly, and their judgement rarely goes wrong.

Edit: I mean “judge a situation”or “pick up the vibes” more than judging people.

1. The key to happiness is spending your money on experiences rather than possessions.
2. Romantic love is biochemically indistinguishable from having a severe obsessive-compulsive disorder
3. The people who prefer window seat in every transport like to be alone during the travel.
4. Anger lasting for more than 3 days indicates that you’re not in love.
5. A human head remains conscious for around 20 seconds after being decapitated.

05 Strange psychological tricks

This is interesting!

Yalla:

1. **The Zeigarnik Effect (named after the psychologist Bluma Zeigarnik):** This phenomenon suggests that people remember uncompleted or interrupted tasks better than completed ones. To use this, ***if you want to ensure someone remembers something, start discussing it and then intentionally leave it incomplete.***
2. **The Benjamin Franklin Effect (Named after the eponym of effect: Benjamin Franklyn) :** This effect suggests that people are more likely to like you after they've done a favor for you. So, asking someone for a small favor can actually make them feel more positive about you. (**Maybe even trust you**).
3. **The Illusory Truth Effect:** The more you hear something, the more likely you are to believe it's true, even if it's false. Be cautious about repeating false information, and fact-check before sharing because this is how gossip negatively influences our brains and functions.
4. **The Pygmalion Effect (Named after a Greek Myth):** This is the idea that higher expectations lead to an increase in performance. If you have

high expectations for yourself or others, it can lead to better outcomes. Of course, there are exceptions, where people would feel pressured when high expectations are placed on them, like a stone on their shoulders. But it is a valuable tip for your professional teammates or family members.

5. **The Power of Visualization:** Visualizing success can boost your confidence and performance in various situations.

Don't build any emotional relationship with this kind of people

1. People who make you feel tired and unhappy when you're around them.
2. People who always complain and consider that they are right. Everyone else are wrong.
3. People who always demotivate you or people who always laugh at your big dream.
4. People who bring lots of problems and negativity.
5. People who always think that everyone is inferior than them.
6. People who have mind full of negativity.
7. People who try to control or trick you.
8. People who often tell lies and can't be trusted.
9. People who gossip and talk about others behind their backs.

10. People who don't have any emotions. Your tears are just drama for them. Run!

Here is some valuable life advises:

1. Give, but don't let others take advantage of you.

2. Love, but protect your heart from being hurt.

3. Listen, but don't forget to express your own thoughts and opinions.

4. Trust someone completely and you'll either gain a lifelong companion or a valuable lesson.

5. Communication is essential for a relationship, and respect is vital for love. Trust is the foundation to keep going.

6. If your absence doesn't affect someone, then your presence never truly mattered to them.

7. It's funny how people start wanting to be with you when you find happiness on your own.

8. Being unique is better than striving for perfection.

9. High standards shield you from negative experiences.

10. If someone doesn't show the same enthusiasm to talk to you, it's better to stop talking to avoid hurting yourself further.

11. Hurting someone takes only seconds, but repairing the damage can take years. Treasure those who love you.

Importance of self-compassion

Self-compassion is the practice of being kind and understanding towards oneself, especially when faced with difficult experiences. It is about recognizing that everyone makes mistakes, experiences failures, and feels pain. When we are self-compassionate, we are more likely to accept ourselves as we are, and to be patient and understanding with ourselves when we are struggling.

I believe that self-compassion is essential for a happy and fulfilling life. When we are self-compassionate, we are more likely to:

- **Be more resilient in the face of challenges.** When we are kind to ourselves, we are better able to cope with setbacks and failures. We are less likely to give up on our goals, and we are more likely to bounce back from adversity.
- **Be more motivated to change.** When we are critical of ourselves, we are more likely to feel discouraged and unmotivated. However, when we are self-compassionate, we are more likely to see our mistakes as opportunities for growth and improvement.
- **Be more connected to others.** When we are kind to ourselves, we are more likely to be kind to others. We are also more likely to feel accepted and supported by others.

Overall, I believe that self-compassion is a powerful tool that can help us to live happier and more fulfilling lives.

What are some dark truths that have made you stronger?

1. Nobody cares about you, your plans, your goals, or your little dramas. So stop pretending they do, or getting upset when they don't.
2. When it comes to reaching your goals, discipline is more important than motivation. If you don't have discipline, you'll never stick to anything.
3. You are the only person capable of changing your life; no one can do that for you. The easiest way to change yourself is to change the things you do each day.
4. The biggest threat to your progression in life isn't something or someone around you; it's you.
5. The key to a successful life lies not in what you know, but in what you do with what you know.
6. Failure is just a stepping stone on the road to success.
7. You can't change the past, but you can still fuck up your future if you repeat it.
8. Success is not about what you accomplish, it's about who you become in the process.
9. Your comfort zone is a barren place. Nothing ever grows there.

10. Anything in life worth achieving will not be easy to get. If it were, everyone would get what they wanted. Most people give up on their goals when things become too difficult. Don’t be like most people.

Child in the digital world

Raising and protecting a child in the digital world is a crucial task in today's technology-driven society. Here are some guidelines to help you navigate this challenge:

1. **Open Communication:**

- Establish an open and ongoing dialogue with your child about technology and the internet. Encourage them to ask questions and share their online experiences, both positive and negative.

2. **Set Age-Appropriate Boundaries:**

- Determine age-appropriate rules and boundaries regarding screen time, the use of specific apps or websites, and the types of content they can access.

3. **Educate About Online Safety:**

- Teach your child about online safety, including the importance of not sharing personal information, recognizing and reporting cyberbullying, and being cautious when interacting with strangers online.

4. **Model Healthy Tech Use:**

- Children often learn by example. Demonstrate responsible and balanced technology use to set a positive model for your child.

5. **Use Parental Control Software:**

- Consider using parental control software or built-in parental control features on devices to help monitor and manage your child's online activities. These tools can restrict access to inappropriate content and set screen time limits.

6. **Teach Critical Thinking:**

- Help your child develop critical thinking skills to evaluate information and identify potential online threats, misinformation, and scams.

7. **Respect Privacy:**

- Teach your child the importance of respecting their own privacy and the privacy of others when sharing information or posting online.

8. **Monitor Online Friends and Connections:**

- Encourage your child to connect online with people they know in real life. Discuss the potential risks of interacting with strangers and how to handle friend requests or messages from unfamiliar individuals.

9. **Promote Healthy Screen Time Balance:**

- Encourage a balanced lifestyle that includes physical activity, face-to-face social interactions, and non-screen activities like reading, hobbies, and outdoor play.

10. **Create Tech-Free Zones and Times:**

- Designate certain areas of the home (e.g., bedrooms during sleep hours) as tech-free zones. Establish screen-free times for family meals and quality time.

11. **Stay Informed:**

- Keep yourself informed about the latest digital trends, apps, and social media platforms. This knowledge will help you guide your child effectively.

12. **Address Cyberbullying and Online Harassment:**

- Make sure your child knows how to identify and report cyberbullying or any form of online harassment. Encourage them to come to you if they experience such issues.

13. **Encourage Online Learning:**

- Use the internet as a tool for learning. Explore educational apps, websites, and online courses that align with your child's interests and educational needs.

14. **Be Supportive and Non-Judgmental:**

- Create an atmosphere where your child feels comfortable coming to you with their online concerns or mistakes without fear of punishment or judgment.

15. **Stay Involved:**

- Regularly review your child's online activities and friends. Stay involved in their digital life while respecting their growing independence.

Remember that technology evolves rapidly, so it's essential to adapt your approach as your child grows and encounters new digital challenges. The goal is to help them become responsible, informed, and safe digital citizens who can navigate the online world confidently and securely.

12 Golden things you learned with age

1. Home is where your happiness is
2. Oftentimes, nobody can love you genuinely like your mother.
3. Nothing in life is worth dying for
4. There will be good days and bad days, you can't escape both.
5. Power tests your kindness, money tests your humility.
6. There are some mysteries in life that you will never understand till you die and that's okay.
7. Religion often make people look down on others who share a different belief and foster hatred toward others. Remember you are as convinced of your truth as millions of people who share different belief, so be kind.

8. If you can manage your time properly, you have no choice but to succeed.
9. No matter how big your achievements are, you will never be satisfied.
10. Choosing someone who loves you is often a better decision than the one you love.
11. Most celebrities you devote your life to online only see you as part of the crowd and you may not meet them personally till you die.
12. You may not get everything you want out of life. So, make good use of every moment while you're still here.

06 Signs you are an attractive person

When you're not good looking in camera or pictures but you're good looking in the mirror.

1. When you are in public and many people stare at you.
2. When a kid complements you.
3. You frequently catch someone's attention.
4. When babies stare at you and smile.
5. When you are a simple person but many people have crush on you.

11 Ways to prioritize your mental health

Hey there! Here are 11 things you can do to make your mental health a top priority:

1. Treat yourself to some self-care activities that help you relax and feel amazing. Whether it's taking a nice bath, reading a good book, meditating, or simply spending time outdoors, do whatever makes you feel good.
2. Don't forget to set clear boundaries in both your personal and work life. It's totally okay to say no when you need to protect your precious time and energy.
3. Regular exercise is a fantastic way to boost your mood and feel better overall. Plus, it releases natural chemicals that make you feel amazing.
4. Fuel your body with healthy foods that give you energy and make you feel great. Your mental health will thank you!
5. Make sure you're getting enough sleep to feel rested and refreshed. Establishing a good sleep routine can work wonders for your well-being.
6. Reach out to your friends, family, or even professionals when you need some support. Talking it out can make you feel better and provide you with valuable guidance.
7. Practice mindfulness and meditation to reduce stress and anxiety. It's a great way to find some inner peace.
8. Be mindful of how much time you spend on screens, especially social media. Too much screen time can make you feel anxious or lead

to unhealthy comparisons. So, take breaks and find a healthy balance.

9. Engage in activities that bring you joy and make you happy. Whether it's pursuing hobbies or exploring new interests, do what makes your heart sing.
10. If you feel like you need some extra help with your mental health or emotions, consider therapy or counseling. It can make a world of difference.
11. Take a moment to practice mindful breathing exercises whenever you're feeling stressed or anxious. It can be done anywhere and work wonders in calming your mind.

What should I not do for mental peace?

Hey there! Here are some things you should not do for your mental peace:

1. **Neglecting self-care**: Take care of your physical, emotional, and mental health through activities like exercise, getting enough sleep, relaxing, and pursuing hobbies and interests.
2. **Bottling up your emotions:** Express your feelings by talking to a trusted friend or writing in a journal to release stress and anxiety.
3. **Constantly comparing yourself to others, especially on social media**: Focus on your own progress and well-being to avoid feelings of inadequacy and anxiety.

4. **Overcommit to too many responsibilities and obligations**: Saying no when necessary will prevent stress and burnout.
5. **Holding grudges and resentment**: Forgiveness and letting go of negative feelings will free you from unnecessary emotional baggage.
6. **Isolating yourself**. Maintain social connections and seek support from friends and loved ones when needed to prevent feelings of loneliness and depression.
7. **Engaging in negative self-talk or harsh self-criticism**: Treat yourself with kindness and compassion, as you would a friend.
8. **Skipping meals or overeating**: Aim for a balanced diet and avoid using food as a coping mechanism.
9. **Neglecting physical health**: Regular exercise, a balanced diet, and sufficient sleep are all essential for overall wellness.
10. **Living in a cluttered space**: Declutter your living space to create a more peaceful and organized environment as physical clutter can contribute to mental clutter.

What is the biggest life lesson you have ever learned?

19 Things I learned in 19 years of life

01. **Keep your life private.** Not everyone deserves to know you.

02. Depression has no face. Be kind even to smiling faces.

03. Make a certain sense of distance, no matter how close you and someone is. It's good to know when to stop.

04. Having peace is important. Even if that means cutting off people.

05. People are in our life for a reason, season or lifetime. The pain comes when we put them in the wrong category.

06. Do what you love and explore new things in life. Never count it as a wastage of time.

07. Help people whenever you can and whenever they need you. **We're all meant to shine differently.**

08. Quality over quantity. **Don't force yourself to fit in where you don't.** Don't stay in a toxic circle, just because it's familiar.

09. People are **who they are,** and there's no any other way to look at them.

10. Don't trust anyone except the family.

11. People have lot to say about lives they've never lived.

12. Listen and trust your intuition. Know yourself and invest in yourself.

13. Not arguing with people, and walking away unbothered, shows how far you've grown. **Anger won't solve anything**.

14. Don't judge people. You don't know their hidden story.

15. You don't need to react to every situation.

16. Dismiss what insults your soul. You can't **force** people, to see your worth.

17. Appreciate people for their efforts and sacrifices for you. **Never forget the hands that raised you.**

18. Not everyone can see your vision. So don't waste your time convincing doubters to get on board.

19. **Normalize letting people go** when it's no longer healthy, because not everything is worth fighting for !

What can one learn about a person's personality just by observing them?

1.Whether they bite their nails

Those who bite their nails — or pull their hair or pick their skin — tend to be perfectionists, unable to fully relax. Scientists call these “body-focused repetitive behaviors” (BFRB).

2. How often they check their phone.

- If someone checks their phone often, it means that they are bored. Yes, it is a strong claim, because most of us are quite addicted to our smart phones regardless of the setting.
- If they're constantly checking their phone or refreshing the news feed, they're probably emotionally unstable and trying to pep their mood.

3. Whether they make eye contact or not

People tend to reduce eye contact when talking about something embarrassing, or when they're having an inner flow of thoughts or emotions. Moreover, it is believed that people who make eye contact with their partners more often are confident and socially dominant.

4. Where do they look when they're drinking out of a cup

According to psychology:

- A person who *looks into the cup* when drinking is most probably someone who introspects a lot. That person is self-aware, idealistic, and focused. On a complete different note
- Someone who *looks over the rim of the cup* when drinking tends to be someone who can get influenced easily. They're more environmentally aware, carefree, extroverted, and trusting.
- Lastly, a person who *closes their eyes* while drinking is in some sort of pain or discomfort and is preoccupied with pleasure and relief.

What are the lessons people most often learn too late in life?

1. If it means something to you, fight for it till the end.
2. You have to step out of your comfort zone to get success.
3. Excuses make you weak.
4. Travelling makes your soul alive.
5. It's ok to be different. Eagles never run in the race of dogs.
6. Money isn't the answer but it makes a difference.
7. Do what you love and love what you do.
8. Most people are scared of using their imagination.
9. Perception is reality.
10. Everything is temporary. Your good times are temporary and so are your bad ones.
11. The best way to deal with toxic people is to cut them out of your life as soon as possible.
12. Never take big decisions of your life on jealousy.
13. Stop wasting your energy by reacting to toxic people comments.
14. Crying isn't a sign of weakness.
15. Life isn't fair, it never was and never will.

16. Never compare your stars with somebody else sparkles. We all shine differently.
17. Never stop learning and growing in life.
18. Motivation comes from meaning/reasoning. Everything comes from meaning/reasoning.
19. "When nobody else celebrates you, learn to celebrate yourself. When nobody else compliments you, then compliment yourself. It's not up to other people to keep you encouraged. It's up to you. Encouragement should come from the inside."

What psychological trick changed your life?

1. The conversation conditioner

You can have a lot of fun with this trick. When you talk to someone, choose a word that the other person has said. Whenever you use that word or something like that, simply offer an affirmation, a nod, or a smile. Do this and see how the person repeats the word each time.

2. Talk and carry

If you want someone to carry something of yours, like your books or your shopping bag, do this. Keep talking while you hand over your books or bag. The person will carry your things, unconsciously.

3. Parental guidance

If you are one of those people that people don't take seriously and you wish they would, then try this super fun trick to get them to do it. Tell them that any advice you give them is what your father told you. People tend to trust the advice of parents.

4. Rock Paper Scissors

If you want to always win on rock-paper-scissors, ask someone a question just before starting the game. If you ask, then immediately start with the "rock, paper, scissors" chant, they will almost always throw the scissors defensively.

5. The trail finder

If you want to clear a crowded subway, street or something similar, then direct your eyes to the path you want to follow and watch how people follow it. The crowd often looks into the eyes of others to make the decision of which way to go.

6. Make your kids eat broccoli for candy

It's hard to get kids to eat broccoli or Brussels sprouts. Here's how you can trick them into eating broccoli. Instead of asking them to eat broccoli, try giving them a choice between 2 stalks and 5 stalks of broccoli. They will pick the fewest numbers and end up eating broccoli.

7. Be instantly nice

Here's how you can persuade others to agree with you. Nod your head every time you ask a question. This will

make the person believe that he agrees with her words and, ultimately, that he agrees with you.

8. Information magnet

Do you want to get something out of a person? Ask him a question, be quiet for a few seconds, and make eye contact. This will make the other person speak and automatically disclose all the necessary information.

9. Face your Nemesis

If you think someone is about to speak ill of you in a meeting or group situation, sit next to that person. It is extremely uncomfortable to speak ill of someone and be aggressive when they are so close. This will make the person less aggressive and insulting since they are sitting close to you.

10. Build attraction

If you want someone to like you, be sure to keep your hands warm and before shaking that person's hand. Warm hands make you look trustworthy, welcoming and friendly. Also continue this by mimicking the other person's posture and actions. It will make it seem like the two of you are a good fit with each other.

11. Stalker Detector

Do you feel that someone is watching you? Follow this simple technique. Yawn and look at that person. If that person yawns too, then they've been watching you because yawning is contagious.

How do I recognize intelligent people?

Here are some low-key signs of highly intelligent people:

1. Most of them have the habit of staying up late into the night.

2. They may have bad handwriting because of the trouble with their mouth and hand keeping up.

3. They have unusual, out of the box, apparently 'crazy' ideas.

4. They're prefer to be with their own company.

5. They're brutally honest with what they don't know.

6. They can talk to people they don't like and hear ideas they don't agree with and not get emotional.

7. They have a twisted sense of humor. They are most likely to enjoy and understand dark humor.

8. They have good body memory. Their bodies can pick up routines faster than others.

9. They use the Keanu behavior to boost intelligence.

Keanu Reeves says highly intelligent people play a game. They try to be wrong once in a while. They practice being wrong more often to reset their egos.

10. They can explain difficult matter in an easy way.

11. They can make connections between seemingly unrelated subjects.

What is the easiest psychological trick you can play on someone?

Here are 7 easy psychological tricks you can play on someone, and I think No.3&4 are worth a try:

1. If you have a friend who does not want to share something with you, ask them a question and it feels that they are hiding something, simply keep an eye contact and say nothing. The silence combined with eye contact will make them uncomfortable and then they may speak what they are hiding.

2. If you want to give someone a sense of power without giving Power: Whenever talking with someone, & you feel they're not paying attention to you, stop and ask for their permission to continue the conversation. You'll get their full attention because now listening to you, is their own choice (they feel important & powerful).

3.If you want to correct someone without correcting: You can draw someone's attention to their mistake without accusing them by simply changing your sentence. Instead of saying, "You didn't close a window before you left", you can say, "The window was left open all night."

4. If you want to ask a friend a big favor, ask them for a small one first. Alternately, if you want to borrow $50, ask for $200. The person is inclined to refuse the big amount and give you the smaller one which you actually wanted.

5. If you want to find out whether or not they were watching you, try this simple psychology trick: Yawn.

Make sure they can see you when you yawn. After you yawn, turn and look at them. If they're now yawning, you know that they were watching you.

This is a great trick for anybody who wants to find out if someone is showing an interest in them, like a crush or so on.

6. If you're often in crowded places, and want to clear yourself a path: Just look in the direction you want to go.

Don't look at the people around you, the environment, your phone or your friends. Just look at where you're headed, and people will make an effort to move out of your way.

7. If you're in a group gathering or meeting, and you think someone is likely to become aggressive towards you, sit next to them. It makes things harder and more awkward to show anger.

07 Ways to become a strong human being

1. Stop competing with people. You can't beat others at their own game. You can only compete with yourself from yesterday. If you're better today, you already won.
2. If you're getting better everyday, no one will be able to touch you. That's how you beat them: Rise up so high they can't reach you with their crazy anymore.
3. Stop caring about what other people say. They don't live your life so they're not entitled to judge you. When you're not bothered by their attempts, they'll get scared.
4. People don't respect people who are all talk and no bite. If your word is your bond, they'll think twice about messing with you if you tell them to quit.
5. Control how you react. If you allow people to trigger your emotions, You give them power over you. Choose wisely, whom you give this power.
6. If your body is fit and healthy, so will your mind. If you feel fit, You deal with stress way better.
7. Build a future. While others gossip about irrelevant crap, Build your legacy, make an impact in the world and focus on what matters most to you.

What is the biggest life lesson you have ever learned?

1. You don't need to explain yourself to anyone. Start living for yourself, never live just to impress others.
2. Comfort zone will destroy your life. Life starts at the end of comfort zone.
3. Your family and friends can only support you, you have to do it yourself.

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1. Happiness doesn't come from sleeping, relaxing and hanging on social media. True happiness comes when you give your best in life.
2. The less people you chill with, the less bullshit you have to deal with.
3. Life is too short to become angry and to seek for revenge to those who did you wrong. Just let it go.
4. It's never too early or late to do the things you have always wanted to do.
5. None really cares unless you are rich, beautiful and popular, at least not forever.
6. Readers are leaders. Never stop reading.
7. No matter how much we try, some situations are never in our control.
8. Don't believe everything you hear and see. Be curious, question them.

9. It is not necessarily important to know who likes you and who doesn't. What really matters is how you see yourself.

When everyone leaves you in a difficult situation?

- You learn how to stand alone and walk alone.
- You will become strong to face difficult situations in future.
- You don't need to depend on anyone anymore.
- You will realise, you don't need anyone to live your life.
- You can see the true colours of people.
- You can feel happy that they are no longer in your life.
- You will realise life is not filled with fun and happiness.
- You can't be innocent and immature all the times. You should learn about hardship and rough path.
- You will realise quality of people is better than quantity. You can differentiate fake and real people easily.
- You don't need to suffer about what people think, talk about you. You are already a lonely warrior.
- Life is a strict teacher. It taught us in a hard way. But it always ended up with a great lesson.

Biggest lesson you learned that no one teaches

1. Use things, not people. Love people, not things.

2. Losing two socks is less frustrating than losing one sock.

3. Teeth are the only problem that if you ignore them, they will go away.

4. Comfortable silence is peak communication.

5. Never settle for the minimum when you can have so much more.

6. Sometimes you'll be the right person for someone who is not ready for the right person.

7. If they treat you like they don't give a sh*t, they don't.

8. Bad days build better days.

9. The easiest way to wait for something is to forget it exists.

10. You don't miss the person, you miss the feeling.

Why are some very smart people so quiet?

1. More than 75 percent of people with an IQ above 160 are introverted.
2. They may spend a lot of time thinking and analyzing things which can lead to shyness or a tendency to hold back in social situations.
3. The more they know about a subject, the harder it is to talk about it with people who don't know as much as they do.
4. Some very smart people are more likely to be loners, because socializing is just not as important to them.
5. They often need extra quiet time to think about to process their thoughts, for decisions.

6. Intelligent people spend a lot of time reflecting and observing. And that allows them to gain deeper insight and different perspectives.

7. They may find that others are not interested in what they have to say, and that, conversely, it's hard to find interest in what others talk about.

6 harsh truth of life that you learn from your bad time

1. You will find only your family/parents on your side in difficult times.
2. You will have both good and bad days. Notice who stays with you during bad days. Never leave them.
3. Humanity, moral values are subjective. Do not get bothered on how people use them.
4. How some people treat us with respect to our power, bank balance and fame.
5. You are the only one , do not loose yourself.
6. No need to react to how people treat you. You need to waste your energy. Just keep distance if you feel negative vibes.

How to prepare strategy for the appearance of Imam Mahdi?

Preparing a strategy for the appearance of Imam Mahdi is a deeply religious and spiritual endeavor for those who follow the beliefs of Islam, particularly within Shia Islam. Imam Mahdi, also known as the guided one, is believed to be the twelfth and final Imam in Twelver Shia Islam, and his appearance is associated with the end times and the establishment of justice on Earth. Preparing for his appearance involves both individual and collective efforts. Here are some steps you might consider:

1. Deepen Your Faith: Strengthen your belief in the coming of Imam Mahdi. Understand the theological and eschatological aspects of his arrival as taught in your particular tradition of Islam.

2. Moral and Spiritual Development: Strive to become a better Muslim and person by adhering to Islamic teachings and values. Focus on self-purification, piety, and righteousness.

3. Prayer and Worship: Engage in regular prayers, supplications, and acts of worship. Seek a closer connection to Allah and prepare your heart and soul for the arrival of Imam Mahdi.

4. Seek Knowledge: Acquire knowledge about Islamic eschatology, the signs of the reappearance of Imam Mahdi, and the role you can play in this era. Study Islamic history and the lives of the Imams.

5. Community Building: Work on building a strong and supportive Muslim community. Encourage unity, cooperation, and collaboration among fellow believers. Create an environment that is conducive to the values Imam Mahdi will establish.

6. Social Justice: Uphold principles of justice, equality, and compassion in your personal life and in your community. Be actively involved in charitable and social justice activities.

7. Dua (Supplication): Regularly supplicate to Allah for the hastening of Imam Mahdi's appearance, the victory of truth, and the elimination of oppression and falsehood.

8. Dissociate from Injustice: Avoid any form of oppression, wrongdoing, and injustice in your life. Take a stance against social and political injustices when you encounter them.

9. Educate Others: Share your knowledge and beliefs about Imam Mahdi with others in a gentle and informative way. Encourage them to prepare as well.

10. Practical Preparedness: While the appearance of Imam Mahdi is ultimately in the hands of Allah, it's important to be practically prepared for any societal and global changes that may occur during his reign. This includes being financially stable, having essential supplies, and knowing basic survival skills.

11. Maintain Hope and Patience: Keep in mind that the timeline of Imam Mahdi's appearance is unknown. It is essential to maintain hope and patience as you continue to work toward a better world.

12. Stay Informed: Stay informed about global events and signs that may align with prophesied events leading to the arrival of Imam Mahdi, but avoid unnecessary speculation and extremism.

Remember that the preparation for the appearance of Imam Mahdi is ultimately a matter of faith and spiritual devotion. The emphasis should be on personal and collective spiritual growth and the promotion of justice and righteousness in society, as on material or political preparations.

If you are not a muslim nor shia how you can prepare your self for imam Mahdi?

If you are not a Muslim or Shia, and you do not follow the beliefs regarding the appearance of Imam Mahdi, there isn't a specific religious or spiritual preparation associated with his coming. However, you can still engage in general practices that can help you lead a meaningful and purposeful life:

1. Self-Reflection and Purpose: Reflect on your values, beliefs, and life goals. Consider what you believe in and what gives your life meaning and purpose.

2. Moral and Ethical Development: Strive to become a better person by living in accordance with your values and ethical principles. Focus on personal growth, empathy, and compassion.

3. Spiritual Exploration: If you are open to spirituality, you can explore various spiritual paths, philosophies, and

belief systems to find one that resonates with you and helps you develop a sense of purpose and inner peace.

4. Mindfulness and Meditation: Practice mindfulness and meditation to improve self-awareness and emotional well-being. These practices can help you stay centered and focused on what matters to you.

5. Community and Relationships: Build meaningful connections with others and contribute to the well-being of your community. Acts of kindness, empathy, and cooperation can enrich your life and the lives of those around you.

6. Educate Yourself: Continue learning and broadening your knowledge on a wide range of topics. Education and intellectual growth can provide you with a deeper understanding of the world.

7. Social and Environmental Responsibility: Take steps to promote social justice, environmental sustainability, and positive change in the world. Engage in activities and causes that align with your values.

8. Self-Care: Pay attention to your physical and mental health. Regular exercise, a balanced diet, and mental well-being practices are essential for overall quality of life.

9. Life Planning: Set goals and work on personal and professional development. Create a life plan that aligns with your values and aspirations.

10. Global Awareness: Stay informed about global events, social issues, and cultural diversity. Understanding the broader world can lead to a more informed and engaged life.

11. Positive Mindset: Cultivate a positive mindset and resilience. Challenges are a part of life, and developing the ability to bounce back from setbacks is valuable.

12. Enjoy the Present: While it's important to plan for the future and work toward your goals, don't forget to enjoy the present moment. Find joy in the little things in life.

Your path of preparation will depend on your personal beliefs, values, and life goals. Focus on living a meaningful and fulfilling life according to your own principles and understanding of what's important.

Concept of Savior in Religions Except Islam

The concept of a savior figure who will come to bring peace, justice, and harmony is not unique to Islam and Shia Islam. Similar concepts exist in other religions and belief systems, often referred to as messianic figures. However, the specifics and beliefs surrounding these figures vary widely, and there isn't empirical or universally accepted documented proof of their arrival.

Here are a few examples from other belief systems:

1. Christianity: In Christianity, the Second Coming of Jesus Christ is a prominent belief. It is believed that Jesus will return to establish God's kingdom on Earth, bringing justice and peace.

2. Judaism: In Jewish tradition, the concept of the Messiah is central. The Messiah is expected to come and usher in an era of peace and the rebuilding of the Holy Temple in Jerusalem.

3. Zoroastrianism: Zoroastrianism has the belief in the Saoshyant (or Savior) who will appear at the end of time to bring about the final renovation of the world, a resurrection of the dead, and the defeat of evil.

4. Buddhism: Some Buddhists believe in the future appearance of Maitreya, a bodhisattva who will become a Buddha and bring enlightenment and peace to the world.

These beliefs are rooted in religious texts, traditions, and oral histories specific to each religion. While they are deeply significant to the respective faiths, they are matters of faith and belief and not empirically proven events. The concept of a savior figure is a religious belief rather than a scientifically or historically documented fact.

It's important to note that religious beliefs are deeply personal and can vary widely even within the same faith. While many people find spiritual comfort and

guidance in these beliefs, others may hold different perspectives or may not adhere to any religious beliefs at all. Belief in such figures is a matter of faith, and proof is subjective and varies among individuals and communities.

Mind Is Principle Over Every Area of Life

In everything we do, it is not the actual physical actions themselves that create the results, but it is the mindset we have while doing it. The physical actions themselves are a means by which we channel the energy of intent into physical manifestation. It is the energy of intent we do things with that determines the outcome we get. This is the secret that explains why different people can do the same exact things but get very different results. In truth, Mind is Principle over everything in life that we engage in. A person may go to the gym and work out to build muscles. But it is not the actual physical working out itself that creates the strengthening and enlargement of muscles. It is the intent to build muscles along with the belief that working out physically will build it that makes it happen. If a person believes that his muscles grow easily and effortlessly, he can take less time and working out than others to build his muscles. If he believes that his muscles can't seem to grow, his efforts will produce little results. The same principle operates in the area of eating to be healthy. If you believe that eating certain things will cause you to be healthy, then you will experience health with those foods. If you believe that

eating certain things will cause you to be unhealthy or even fall sick, then that is what you will experience when eating those foods. For those who believe that they will be healthy no matter what, then eating more so called healthy food or less healthy food will not make much difference to them in their well-being. People who eat food believing that they will get fat are the ones that do. Whereas the ones who think they just won't get fat no matter what they eat, they stay slim always. Fat people who have fat beliefs can try and work out all they want to burn away the fats, but they keep gaining it back again. Slim people who have slim beliefs just seem to be blessed with a body that stay in shape without much difficulty or any effort at all. Why chase the world on the outside when you can have it all by the kingdom within? No matter what food we eat, it is still fundamentally made up of pure energy. It is not what we eat, but what our body absorbs and converts that determines what the food does for us. Our beliefs and state of consciousness will determine what our body absorbs from the food that we eat. A person with healthy beliefs will be strong and lively from eating simple food whereas a person with unhealthy beliefs will be weak and lifeless from eating rich food. True health is of the mind and not of diet, exercise or drugs. The Mind is Principle even over the effects of poisons and toxins upon the body. There are people who suffer deadly bites from venomous snakes or ingest poisoned food into their bodies, but no harm comes to them. That is because, the effect of poison upon your body depends on your belief in it. If you believe in death or ill effect, then you will experience it. If you believe in none of these, they won't happen. Such is

the power of being able to take up serpents or drink deadly things and not being hurt by them. When you have a stomach ache, your stomach is merely reacting to bad food combination. You don't have to accept it because you can direct you stomach to deal with it powerfully. It is the same
thing as overcoming laziness. You can either let your natural inclinations to take over, or you can take control and direct them. Simply instruct your subconscious mind to quell the stomach ache and digest the food without problems and it will. People experience this when they find their stomach ache has passed. The same principle functions in the area of ageing. People of the world believe that as you get older, lines and wrinkles will appear and hair will fall out. That is so untrue. If you do not believe in any of that, you won't experience ageing like the rest of the world do. In fact, you will remain looking young and when you reach the older ages, you will not look anything like your age at all. This is the true secret to the fountain of youth that everyone is looking for. Youth is not something outside but it is within yourself. Anyone can attain the perfect body without working out, using special equipment or undergoing pointless dieting. The only workout you need is of your mind. Because it is your consciousness that creates your reality including your bodily aspect in it. When you have a consciousness of an imperfect body, health and physical functions, that is what you create. But when you have a consciousness of a perfect body, health and total physical wellness, that is what you create. The best way

is the most simplified. Our subconscious mind has total control over our body at all levels. It is the subconscious mind that maintains our vital functions, breathing, heartbeat, blood flow, bodily defenses and everything else at all levels. The subconscious mind responds to our every conscious thought, and therefore what you think and believe are instructions for your well-being. The subconscious mind can also be referred to as our heart. Therefore, guard your heart with all diligence, for out of it are the issues of life and well-being. Think only healthy thoughts and perfection of your physical being at all times. If you see others sneezing or being ill in any way, do not think that you will become sick like them. Believe that your reality is healthy no matter what others are like and be thankful for your perfect health. Never be influenced by those around you. You can influence the physical state of others by your consciousness towards them. Think strong and loving thoughts towards those who are sick and you will cause them to recover faster.

Don't Trust These People

1. People who never accept their mistakes.
2. People who don’t help you when you ask them.
3. People who gossip with everyone.
4. People who act differently around others.
5. People who are never sorry about their rude behavior.
6. People who tell you other people’s secrets.
7. People who bad-mouth their ex.

8. People who do bad to others to feel good themselves.
9. People who become Jealous of others' success.
10. People who're always busy or stuck when you need them.

How can you change from fixed mind set to growth mind set

Step1. Learn to hear your fixed mindset "voice."

As you approach a challenge, that voice might say to you "Are you sure you can do it? Maybe you don't have the talent." "What if you fail—you'll be a failure" "People will laugh at you for thinking you had talent." "If you don't try, you can protect yourself and keep your dignity."

As you hit a setback, the voice might say, "This would have been a snap if you really had talent." "You see, I told you it was a risk. Now you've gone and shown the world how limited you are." " It's not too late to back out, make excuses, and try to regain your dignity."

As you face criticism, you might hear yourself say, "It's not my fault. It was something or someone else's fault." You might feel yourself getting angry at the person who is giving you feedback. "Who do they think they are? I'll put them in their place." The other person might be giving you specific, constructive feedback, but you might be hearing them say "I'm really disappointed in you. I thought you were capable but now I see you're not."

Step 2. Recognize that you have a choice.

How you interpret challenges, setbacks, and criticism is your choice. You can interpret them in a fixed mindset as signs that your fixed talents or abilities are lacking. Or you can interpret them in a growth mindset as signs that you need to ramp up your strategies and effort, stretch yourself, and expand your abilities. It's up to you.

So as you face challenges, setbacks, and criticism, listen to the fixed mindset voice and...

Step 3. Talk back to it with a growth mindset voice.

As you approach a challenge:

THE FIXED-MINDSET says "Are you sure you can do it? Maybe you don't have the talent."

THE GROWTH-MINDSET answers, "I'm not sure I can do it now, but I think I can learn to with time and effort."

FIXED MINDSET: "What if you fail—you'll be a failure"

GROWTH MINDSET: "Most successful people had failures along the way."

FIXED MINDSET: "If you don't try, you can protect yourself and keep your dignity."

GROWTH MINDSET: "If I don't try, I automatically fail. Where's the dignity in that?"

As you hit a setback:

FIXED MINDSET: "This would have been a snap if you really had talent."

GROWTH MINDSET: "That is so wrong. Basketball wasn't easy for Michael Jordan and science wasn't easy for Thomas Edison. They had a passion and put in tons of effort.

As you face criticism:

FIXED MINDSET: "It's not my fault. It was something or someone else's fault."

GROWTH MINDSET: "If I don't take responsibility, I can't fix it. Let me listen—however painful it is– and learn whatever I can."

Then...

Step 4. Take the growth mindset action.

Over time, which voice you heed becomes pretty much your choice. Whether you

take on the challenge wholeheartedly,

learn from your setbacks and try again

hear the criticism and act on it is now in your hands.

Practice hearing both voices, and practice acting on the growth mindset. See how you can make it work for you.

Which Emotion Causes Which Disease

Do You Believe That Your Mind And Body Are Connected? Do You Think That What Your Mind Manifests, So Does Your Body? For Centuries And Beyond, Wellness Experts Have Been Arguing In The Favour Of An Ethereal Connection That Binds Our Mental State With Our Physical Reality And Louise Hay Is One Glorious Believer Among Them. A Bestselling Author And A Teacher By Profession, Hay's 'You Can Heal Your Life' Have Done A Tremendous Job At Building Connection Between The Physical Diseases And The Mental Diseases. "I Listen With Love To My Body's Messages," She Says. And Asks Everyone To Do Alike. She Finds A Mental Root For Any And Every Kind Of Illness. Here We Take A Look At What She Says About The Following Problems In The Book And Otherwise.

ORGAN-WISE PROBLEM

Problems With The Head: Feeling That Something Is Wrong With "Us".
Hair Problems: Lack Of Strength; Tension.

Ear Problems: Unwillingness To Hear What's Going On Around You; Anger About What Is Heard.

Stomach Problems: Inability To Assimilate New Experiences; Fear Of New Ideas.

Neck Problems: Stubbornness; Inability To See The Other Side Of The Equation.

Throat Problems: Feeling Inadequate To Stand For Yourself; Repressed Anger; Swallowing Emotional Hurt.

Back Problems: Lack Of Support. Upper Back: Lack Of Emotional Support, Holding Back Love; Middle Back: Guilt; Lower Back: Lack Of Financial Support, Fear Of Money.

Eye Problems: Not Liking What You See In Your Life; Not Wanting To See The Past, Present Or The Future; Not Seeing Truth.

Knee Problem: Inflexibility; Stubbornness; Inability To Bend; Ego.

Lung Problems: Feeling That We Do Not Have The Right To Live Life Fully.

Mouth Problems: Incapacity To Take Ideas; Closed Mind; Set Opinions.

Nerve Problems: Confused Thinking; Fear; Struggle; Anxiety.

Breast Problems: Over-Mothering A Place, Person, A Thing Or An Experience.

Heart Problems: Denying Yourself Joy And Love.

Bladder Problems: Being Pissed Off.

Colon Problems: Inability To Let Go; Holding On To The Old.

Leg Problems: Inability To Move Forward; Reluctance For The Future.

DISEASES/CONDITIONS

Allergies: Who Are You Allergic To? False Ego And Sensitivity.

Cold: Confusion, Dis-Order, Small Hurts; Family And Calendar Beliefs.

Diabetes: Sense Of Sorrow; No Sweetness In Life.

Fatigue: Resistance, Boredom; Lack Of Love For What You Do.

Gas Pains: Gripping Undigested Ideas; Gulping Air From Fear.

Headaches: Invalidating The Self; Emotional Upsets; Uncertainty.

Migraine: Putting Too Much Pressure On Yourself; Wanting To Be Perfect; Suppressed Anger.

Sinus: Irritation With Someone In Your Life; Someone Bearing Down On You.

Itching: Unsatisfied Desires; Remorse; Guilt.

Jaundice: Prejudice; Discoloured Beliefs.

Overweight: Need For Protection; Insecurity; Seeking Love; Fear Of Loss; Stuffing Feelings.

Frequent Pains: Punishment For Guilt; Blockage; Belief In Bondage.

Rheumatism: Resentment; Lack Of Love; Chronic Bitterness; Feeling Of Revenge.

Ulcers: Anxiety; Fear Of Not Being Good Enough.

Venereal Disease: Belief That Sex Is Sinful; Sexual Guilt; Need For Punishment.

Warts: Self-Hatred; Believing You Are Ugly; Guilt.

Constipation: Inability To Let Go; Tendency To Over-Save.

Varicose Veins: Having To Stand For A Job You Hate.

Arthritis: Constant Pattern Of Criticism Of Self And Others; Need To Be Perfect.

Boils, Cuts, Fevers, Sores, Inflammations: Anger

Cancer: Deep Resentment For A Long Time; Disappointment; Hopelessness.

Stiffness: Stiffness In The Mind; Clinging To Old Ways.

Swelling: Stagnation In Emotional Thinking; Bottled-Up Tears; Blaming Others For Your Limitations.

Tumors: Running Old Grudges; Staying Hurt For Long Time.

Biggest lessons you have learned in the corporate world

1. Don't challenge your superior or your immediate boss publicly. Avoid arguments with your immediate boss, and give them room to look like they've won the arguments.
2. Always keep time, and mostly, report to work earlier than everybody else, and leave later than everybody else.

3. Always be friendly with your fellow staff, big or small, and be in good terms with your immediate boss and other senior staff.
4. Honesty is the key in the corporate world. In the corporate world, they regard honesty more than education or technical skills.
5. Demonstrate leadership qualities by showing that you can accept responsibilities, lead by example, and mostly, work with minimal or no supervision.
6. Acquire cutting-edge skills, specifically for the job you do, but mostly, understand the business like the back of your hand. This will make you indispensable.
7. Work smart, and always finish your assignments earlier. If you find yourself with no work to do, promptly ask your immediate boss what you can do, or at least report to your boss about what you're working on.
8. Even if you have a point to make, don't make your immediate boss lose face in front of other staff. Discuss any ingenious ideas with your boss so that the ideas appear to come from your boss—not you.
9. The corporate world is like the military. Obeying orders without asking too many questions attracts higher respect than being smart.
10. Even if you come up with ingenious ideas, stage it such that the credit goes to your immediate boss—not you.
11. Avoid asking for a salary raise. Let the initiative come from your boss.

12. Play teamwork, and even if you conceive a creative idea, always give credit to the team.
13. Always ask smart questions, which will not entangle your boss. Offer tangible solutions instead of criticism.
14. Don't be rude to your work colleagues, and especially to your immediate boss.
15. Corporate meetings are just an excuse to break from the routine, and escape the work stress or discuss crises. Don't criticize them or avoid them. Instead, just go along with them, and try to be as creative as possible. Always weigh your points before you say anything.
16. Be smart. Don't be overly ambitious, but maintain a low profile. Don't brag or be a loudmouth, especially when you've won a corporate battle of sorts.
17. Commit to lifelong understanding of the business, and especially the customers. Increase your knowledge by listening to the external world and reading books.
18. Aim more, for a salary raise than for a promotion, for a promotion without a salary raise is meaningless—unless you want to change jobs. When you do it, make sure you have something to show to your boss, like how you've been able to bring in more value by your initiatives, for example.
19. Life is very unpredictable in the corporate world. Always live in the corporate world as though you'll lose your job the next day. Live on

the edge, but don't discuss it with your friends or colleagues.

Defeat nasty thinking and emotions

1. **Self-Awareness:** Recognize when negative thoughts and emotions arise. Pay attention to your thought patterns and the situations that trigger them.

2. **Challenge Negative Thoughts:** Once you're aware of negative thoughts, challenge them. Are they based on facts, or are they assumptions and interpretations? Try to reframe them in a more positive or realistic light.

3. **Practice Mindfulness:** Mindfulness meditation and techniques can help you stay in the present moment, reducing rumination on the past or anxiety about the future. This can prevent negative thinking from taking over.

4. **Cognitive Behavioral Therapy (CBT):** CBT is a widely used therapeutic approach for managing negative thoughts and emotions. It helps you identify and change distorted thought patterns.

5. **Positive Self-Talk:** Replace negative self-talk with positive and affirming statements. For example, instead

of saying, "I can't do this," say, "I will do my best and learn from the experience."

6. **Surround Yourself with Positivity:** Spend time with positive and supportive people. Their influence can help counteract negativity.

7. **Exercise:** Regular physical activity releases endorphins, which can improve your mood and reduce stress.

8**. Healthy Lifestyle Choices:** Good nutrition and sufficient sleep can positively affect your mental well-being.

9. **Set Realistic Goals:** Unrealistic expectations can lead to disappointment and negative emotions. Set achievable goals and celebrate your successes, no matter how small.

10. **Limit Exposure to Negative Triggers:** Avoid or minimize exposure to people, places, or situations that consistently bring out negative emotions in you.

11. **Seek Professional Help:** If negative thoughts and emotions are overwhelming and persistent, it may be beneficial to consult a mental health professional for therapy or counseling.

12. **Journaling:** Writing down your thoughts and feelings can be a therapeutic way to express and understand what's going on in your mind. It can also help you identify patterns and triggers.

13**. Gratitude Practice:** Regularly reflecting on the things you're grateful for can shift your focus toward positive aspects of your life.

14. **Breathing Exercises:** Deep breathing techniques can help reduce stress and anxiety in the moment.

15. **Meditation and Relaxation Techniques:** These practices can help calm your mind and reduce negative emotions.

16. **Time Management:** Feeling overwhelmed and stressed can contribute to negative thinking. Effective time management can help you feel more in control.

17. **Learn from Mistakes:** Instead of dwelling on past mistakes, view them as opportunities for growth and learning.

18. **Limit News and Social Media:** Excessive exposure to negative news and social media can fuel negative thinking. Set boundaries for your consumption.

Remember that it's normal to experience negative thoughts and emotions from time to time. The key is to develop strategies to manage and reduce their impact on your well-being. What works best for you may vary, so be open to trying different techniques and seeking support when needed.

Plan Your Finance

Planning your finances is crucial for achieving your financial goals, whether it's saving for a house, funding your education, retiring comfortably, or simply building wealth. Here's a step-by-step guide on how to plan your finances:

1. **Set Clear Financial Goals:**

- Determine your short-term, mid-term, and long-term financial goals.

- Make sure your goals are specific, measurable, achievable, relevant, and time-bound (SMART).

2. **Assess Your Current Financial Situation:**

- Calculate your net worth by subtracting your liabilities (debts) from your assets (savings, investments, property).

- Create a budget to understand your income, expenses, and savings patterns.

3. **Create a Budget:**

- Track your income and expenses to understand where your money is going.

- Create a budget that allocates a portion of your income to savings and investments.

- Adjust your spending habits to align with your financial goals.

4. **Build an Emergency Fund:**

- Set aside 3 to 6 months' worth of living expenses in a high-yield savings account to cover unexpected costs.

5. **Manage Debt:**

- Prioritize paying off high-interest debts (credit cards, personal loans) to reduce interest costs.

- Consider consolidating or refinancing your debt to lower interest rates if possible.

6. **Invest for Your Goals:**

- Determine your risk tolerance and investment horizon.

- Invest in a diversified portfolio of assets, such as stocks, bonds, real estate, and mutual funds, based on your goals and risk tolerance.

- Consider tax-advantaged accounts like a 401(k), IRA, or a Tax-Free Savings Account (TFSA) if applicable.

7. **Save for Retirement:**

- Contribute regularly to retirement accounts, especially if your employer offers a retirement plan with a matching contribution.

8**. Protect Your Assets:**

- Purchase insurance to protect against unexpected events, such as health insurance, life insurance, and homeowner's or renter's insurance.

9**. Review and Adjust Your Plan Regularly:**

- Periodically review your financial plan to ensure it remains aligned with your goals.

- Adjust your budget and investment strategy as your financial situation or goals change.

10. **Seek Professional Advice:**

- Consult a financial advisor or planner for personalized guidance, especially for complex financial situations or investment strategies.

11.**Educate Yourself:**

- Continuously educate yourself about personal finance and investment strategies. There are many resources, books, courses, and websites that can help you build your financial knowledge.

12. **Stay Disciplined:**

- Consistency is key to successful financial planning. Stick to your budget, savings goals, and investment strategy, even when faced with market fluctuations.

Remember that financial planning is not a one-time task; it's an ongoing process that evolves as your life circumstances change. Be patient and stay committed to your goals, and over time, you'll see the benefits of your financial planning efforts.

How To Plan Life Vigilently And Intellectually?

Planning your life vigilantly and intellectually involves setting clear goals, making informed decisions, and continuously adapting to change. Here are steps to help you plan your life in a thoughtful and intelligent way:

1. Self-Reflection:

- Begin by understanding yourself and your values. What are your passions, strengths, and weaknesses? What brings you happiness and fulfillment?

2. Set Clear Goals:

- Define your short-term and long-term goals. Ensure they are specific, measurable, achievable, relevant, and time-bound (SMART).

3. Prioritize Goals:

- Determine which goals are most important to you and prioritize them accordingly.

4. Create a Life Plan:

- Develop a life plan that outlines the steps, actions, and timelines to achieve your goals.

5. Educational and Intellectual Growth:

- Commit to lifelong learning. Continuously seek opportunities to expand your knowledge, skills, and intellectual capacity.

- Read books, take courses, attend seminars, and engage in meaningful discussions to stimulate your intellect.

6. Financial Planning:

- Follow the financial planning steps mentioned in a previous response to secure your financial future.

7. Health and Well-being:

- Prioritize your physical and mental health. Exercise regularly, maintain a balanced diet, get enough sleep, and manage stress.

8. Build a Support Network:

- Surround yourself with supportive, positive individuals who encourage your growth and development.

9. Career Development:

- Set career goals and regularly evaluate your progress. Seek opportunities for advancement, mentorship, and skill development.

10. Embrace Change:

- Be open to change and adaptability. Life rarely goes as planned, so be ready to pivot when necessary.

11. Time Management:

- Manage your time effectively. Use tools like calendars and to-do lists to stay organized and prioritize your tasks.

12. Risk Management:

- Assess the risks associated with your decisions and actions. Make informed choices and be prepared for potential setbacks.

13. Communication Skills:

- Improve your communication skills, both verbal and written. Effective communication is essential for building relationships and achieving your goals.

14. Emotional Intelligence:

- Develop emotional intelligence to better understand and manage your emotions, as well as those of others.

15. Travel and Experiences:

- Travel, explore new cultures, and gain diverse experiences. These experiences can broaden your horizons and provide new perspectives.

16. Resilience:

- Build resilience to face challenges with determination and grace. Learn from setbacks and use them as stepping stones to success.

17. Regularly Review and Adjust:

- Periodically review your life plan, goals, and progress. Be willing to adjust your plan as needed.

18. Meditation and Mindfulness:

- Consider incorporating mindfulness and meditation practices into your life to enhance your self-awareness and overall well-being.

19. Seek Guidance:

- If you're unsure about your life path or face significant decisions, consider seeking advice from mentors, counselors, or life coaches.

20. Celebrate Achievements:

- Acknowledge and celebrate your achievements along the way. Positive reinforcement can motivate you to keep moving forward.

Remember, life planning is a dynamic process, and it's essential to stay flexible and adaptable. The key is to stay focused on your values and long-term goals while being open to new opportunities and growth.

How can we set our own choice goal while nature and God has predetermined that?

Setting personal goals while considering the belief in a predetermined destiny or divine plan can be a nuanced process. It involves balancing your own desires and

intentions with the idea that there might be a higher purpose or plan. Here's how you can approach it:

1. Self-Reflection and Acceptance: Start by reflecting on your beliefs about destiny and the divine plan. Acknowledge and accept your belief in a predetermined path, if that is what you adhere to. Recognize that, according to your belief system, there might be a purpose or plan set by nature or a higher power.

2. Understanding Your Role: Consider how you fit into this larger plan. What do you believe your role or responsibilities are within this predetermined plan? Understanding your place in the grand scheme of things can help you set more meaningful personal goals.

3. Alignment with Values: While recognizing the idea of a predetermined plan, you can still set personal goals that align with your values and principles. Think about what matters to you and how you can contribute positively to the world or fulfill your personal values within the context of the divine plan.

4. Prayer and Meditation: If you believe in a higher power or a divine plan, seek guidance through prayer or meditation. Ask for wisdom and clarity to understand your role and how to set goals that align with the greater purpose.

5. Consider the Bigger Picture: Keep in mind that your personal goals are just one piece of the puzzle within the

grand design. Consider how your goals might contribute to the overall plan or how they might reflect the intentions of a higher power.

6. Flexibility and Surrender: Understand that, according to your belief system, there may be times when your personal goals align with the predetermined plan, and there may be times when they don't. Be open to the idea that sometimes you'll need to surrender to what you believe is the divine will, even if it differs from your personal desires.

7. Personal Responsibility: Despite your belief in a predetermined plan, you still have a role to play in taking personal responsibility for your choices and actions. You can choose how to approach and pursue your goals within the framework of your beliefs.

8. Seek Guidance from Spiritual Leaders: Consult with spiritual leaders or mentors who share your belief system. They can provide guidance on how to navigate setting personal goals within the context of destiny or a divine plan.

In essence, setting personal goals within the framework of a belief in a predetermined plan involves aligning your aspirations with your understanding of your role within that plan. It's a process that requires reflection, prayer, and a deep connection with your beliefs, while also acknowledging your own free will and responsibility for your actions.

Safe And Grow Your Spirituality With Materialistic Success

Balancing spirituality with materialistic success in the modern world is a challenge for many. Here are some ways to cultivate and preserve your spirituality while pursuing material success:

1. Define Your Values: Clearly understand your spiritual and ethical values. These principles will guide your actions and decisions as you seek material success.

2. Set Spiritual Goals: Just as you set financial and career goals, establish spiritual goals. These might include meditation, acts of kindness, or regular prayer.

3. Mindfulness Practices: Incorporate mindfulness and meditation into your daily routine to stay grounded, reduce stress, and connect with your inner self.

4. Prioritize Time Management: Manage your time effectively to allocate time for both material pursuits and spiritual practices. Create a balanced schedule that includes work, family, and personal time.

5. Integrate Values at Work: Look for work that aligns with your values and principles. This can help you find meaning and purpose in your career.

6. Practice Gratitude: Regularly reflect on the things you're grateful for, even in the midst of material success. This can help maintain a humble and spiritual perspective.

7. Simplicity and Minimalism: Consider embracing minimalism by decluttering your life and focusing on what truly matters. Reducing material distractions can deepen your spiritual connection.

8. Service to Others: Volunteer and give back to the community. Acts of service can be deeply spiritual and fulfilling.

9. Seek Guidance: Consult with spiritual mentors, leaders, or counselors to deepen your understanding of your beliefs and practices.

10. Continuous Learning: Explore different spiritual philosophies and practices to broaden your understanding. This can help you adapt and evolve your spirituality as needed.

11. Balance Your Financial Goals: While seeking material success, maintain financial responsibility. Avoid excessive greed or materialism, which can detract from your spiritual well-being.

12. Personal Development: Invest in personal growth and self-improvement. This includes emotional intelligence, resilience, and empathy, which are often aligned with spiritual development.

13. Create Sacred Spaces: Dedicate a space in your home or workplace for meditation, prayer, or reflection. Having a designated area can help you focus and maintain your spiritual practice.

14. Networking and Community: Connect with like-minded individuals who share your spiritual values. Building a supportive community can help you stay true to your path.

15. Reflect on Success: As you achieve material success, reflect on your journey and how it aligns with your spiritual principles. Consider whether your success enhances your spiritual life or hinders it.

16. Live with Intention: Be mindful of your choices and actions, ensuring they align with your spiritual values.

17. Silence and Solitude: Regularly spend time in silence and solitude to introspect, meditate, and connect with your inner self.

18. Accept Imperfections: Understand that you will have moments of materialistic pursuit and moments of spiritual clarity. Accept that you're a work in progress.

Remember that the balance between spirituality and material success is a highly personal journey. What works for one person may not work for another. It's essential to regularly reassess your priorities and make adjustments

as needed to maintain your spiritual well-being while pursuing material goals.

How to Indulge Progressivism with Islam

Progressivism in Islamic teachings can be approached in a way that respects the core principles of Islam while also adapting to the changing needs and values of contemporary society. Here are some ways to incorporate progressivism within the framework of Islamic teachings:

1. Interpretation and Ijtihad: Embrace the concept of Ijtihad, which allows for independent interpretation of Islamic texts. Encourage open and critical thinking when interpreting religious texts to adapt to modern contexts.

2. Promote Equality and Social Justice: Emphasize the principles of justice, equality, and social welfare found in Islamic teachings. Encourage policies and practices that promote gender equality, economic justice, and the welfare of all members of society.

3. Embrace Education: Encourage the pursuit of knowledge and education, both religious and secular, as Islam places a high value on learning and knowledge.

4. Interfaith Dialogue: Promote dialogue and understanding between different religious communities to foster peace, tolerance, and coexistence.

5. Advocate for Women's Rights: Progressivism in Islam can involve advocating for women's rights, including issues such as education, employment, and political participation, within the framework of Islamic principles.

6. Environmental Stewardship: Highlight the Islamic concept of stewardship (Amanah) for the Earth and promote environmental conservation and sustainability.

7. Non-Violence: Advocate for peaceful conflict resolution and non-violence, in line with the Islamic teachings of compassion and forgiveness.

8. Community Engagement: Encourage Muslims to actively engage in their communities, serving the broader society through acts of charity and volunteerism.

9. Human Rights: Promote the principles of human rights and civil liberties in accordance with Islamic ethics.

10. Cultural Sensitivity: Recognize and respect the cultural diversity within the Muslim world and beyond. Embrace and incorporate the positive aspects of different cultures while respecting Islamic core values.

11. Reform and Modernization: Be open to reforming outdated practices that no longer serve the best interests of society. This may include modernizing family laws,

financial transactions, and other aspects of Islamic jurisprudence.

12. Freedom of Belief and Expression: Advocate for the freedom of belief and expression, recognizing that diversity of thought and interpretation is inherent in any religion, including Islam.

13. Political Engagement: Encourage Muslims to participate in the political process in democratic societies, working towards positive change and advocating for policies that align with progressive Islamic values.

14. Youth Involvement: Involve and empower the younger generation to take an active role in shaping the future of Islamic communities while respecting their unique perspectives and concerns.

15. Social Entrepreneurship: Encourage and support social entrepreneurship that addresses contemporary social issues and contributes to the well-being of society.

It's important to note that progressivism in Islam can vary in interpretation and practice. There are diverse opinions within the Muslim community, and different individuals and groups may approach progressivism differently while remaining faithful to their understanding of Islamic teachings. Dialogue and discussion among scholars, leaders, and community members can help navigate this path and seek common ground.

Brain Chemicals and its effects on Daily Life

Brain chemicals, also known as neurotransmitters, are chemical messengers that allow neurons to communicate with each other. They play a vital role in many different brain functions, including mood, motivation, memory, and learning.

There are many different types of brain chemicals, but some of the most important ones include:

- Dopamine: Dopamine is often referred to as the "reward" neurotransmitter because it is released when we do things that we enjoy. It also plays a role in motivation, movement, and learning.
- Serotonin: Serotonin is often referred to as the "feel-good" neurotransmitter because it is involved in regulating mood, sleep, and appetite.
- Norepinephrine: Norepinephrine is often referred to as the "fight-or-flight" neurotransmitter because it is released in response to stress. It also plays a role in attention, focus, and energy levels.
- Endorphins: Endorphins are natural painkillers that are released in response to exercise, pain, and stress. They also play a role in mood and well-being.

Brain chemicals are released for a variety of reasons. Some of the most common reasons include:

- Stimulation: Brain chemicals can be released in response to sensory stimulation, such as seeing a loved one, eating a delicious meal, or listening to music.
- Emotion: Brain chemicals can also be released in response to emotions, such as happiness, sadness, anger, or fear.
- Behavior: Brain chemicals can also be released in response to behaviors, such as exercise, eating, or having sex.
- Drugs and alcohol: Drugs and alcohol can also alter the levels of brain chemicals in the brain.

The release of brain chemicals plays an important role in our overall health and well-being. When our brain chemicals are in balance, we feel happy, motivated, and focused. However, when our brain chemicals are out of balance, we may experience symptoms such as depression, anxiety, and difficulty concentrating.

There are a number of things that we can do to promote the release of healthy brain chemicals, such as:

- Exercise regularly. Exercise is one of the best things we can do for our brain health. It releases endorphins, which improve mood and reduce stress.

- Eat a healthy diet. Eating a healthy diet provides our brains with the nutrients they need to function properly. It is especially important to eat plenty of fruits, vegetables, and whole grains.
- Get enough sleep. Sleep is essential for brain health. When we don't get enough sleep, our brain chemicals can become out of balance, leading to symptoms such as irritability and difficulty concentrating.
- Manage stress. Stress can have a negative impact on brain health. It is important to find healthy ways to manage stress, such as exercise, yoga, or meditation.
- Spend time with loved ones. Spending time with loved ones releases oxytocin, which is known as the "bonding" hormone. Oxytocin has a number of positive benefits for brain health, including reducing stress and improving mood.

If you are concerned about your brain health, talk to your doctor. They can help you assess your risk factors and develop a plan to promote brain health and well-being.

How to Prevent ourselves from Psychological warfare

Psychological warfare, also known as PSYOP, is the use of information and other non-kinetic means to influence the attitudes, emotions, and behavior of enemy forces, hostile audiences, or neutral audiences to achieve national objectives.

Psychological tactics can be used to weaken an enemy's morale, will to fight, and cohesion. They can also be used to sow discord among enemy forces, to encourage defection, and to gain information. Psychological tactics can also be used to support friendly forces and to win the hearts and minds of the civilian population.

Some common psychological tactics used in war include:

- Propaganda: Propaganda is the dissemination of information, especially of a biased or misleading nature, used to promote a particular political cause or point of view. Propaganda can be used to demonize the enemy, to glorify the war effort, and to rally support for the war.
- Deception: Deception is the deliberate misleading of an enemy about one's intentions, capabilities, or operations. Deception can be used to lure an enemy into a trap, to conceal one's own movements, or to create the impression of strength where there is weakness.
- Surprise: Surprise is the unexpected use of force or other means to achieve an advantage over an enemy. Surprise can be used to disorient and demoralize the enemy, and to gain a decisive advantage in battle.
- Fear and intimidation: Fear and intimidation can be used to weaken an enemy's morale and will to fight. This can be done through threats of violence, mass destruction, or other reprisals.

- Humiliation: Humiliation can be used to undermine an enemy's sense of self-worth and pride. This can be done through insults, mockery, and other forms of psychological abuse.

It is important to note that psychological warfare is not always about using negative or harmful tactics. It can also be used to promote positive messages, such as peace, reconciliation, and cooperation. For example, psychological warfare can be used to encourage enemy soldiers to surrender or to defect. It can also be used to win the hearts and minds of the civilian population in occupied territory.

Psychological warfare is a complex and challenging field, and it is important to use it carefully and ethically. It should be used as part of a comprehensive military strategy, and it should not be used to target civilians or to promote violence or hatred.

How to belief on Occult Affairs?

Belief in occult affairs, such as supernatural or paranormal phenomena, is a matter of personal belief and spirituality. It's important to approach these subjects with an open mind and critical thinking. Here are some steps to consider if you wish to explore and develop a belief in occult affairs:

1. Open-Mindedness: Approach the subject with an open mind. Be willing to consider the possibility that there may be more to the world than what is immediately apparent.

2. Research and Study: Learn about different aspects of the occult, such as astrology, tarot cards, divination, or other practices. Read books, watch documentaries, and seek credible sources of information.

3. Critical Thinking: While exploring the occult, maintain a critical and discerning mindset. Be aware of confirmation bias, which may lead you to interpret events as evidence of the occult when there may be more rational explanations.

4. Seek Knowledgeable Guides: If you're interested in a specific occult practice, seek out knowledgeable mentors, teachers, or practitioners who can guide you and provide insights.

5. Personal Experience: Engage in practices or rituals associated with the occult to see if they resonate with you. Keep a journal to document your experiences and observations.

6. Spiritual Exploration: Many people explore the occult as part of their spiritual or personal growth journey. Consider how it aligns with your broader spiritual beliefs.

7. Respect for Beliefs: Remember that beliefs in the occult can vary widely, and people have different interpretations and experiences. Respect the beliefs and practices of others, even if they differ from your own.

8. Balance with Science and Reason: While exploring the occult, maintain a balance with scientific understanding and reason. It's essential to differentiate between personal experiences and empirical evidence.

9. Ethical Considerations: Reflect on the ethical implications of your beliefs and practices. Ensure that your exploration of the occult aligns with your personal values and principles.

10. Skepticism: Maintain a healthy level of skepticism. Not everything related to the occult is supported by evidence, and some practices may be considered pseudoscience.

11. Community and Support: Seek out like-minded individuals who share your interests in the occult. Join online forums, groups, or communities for discussions and support.

12. Personal Growth: Remember that personal belief in the occult can be a tool for self-reflection and personal growth. It can offer a unique lens through which to view the world and your place in it.

13. Intuition: Develop your intuition and inner awareness. Some aspects of the occult place a strong emphasis on intuition and personal insight.

14. Stay Safe: If engaging in practices that involve rituals or contact with the supernatural, take safety precautions and avoid practices that may pose risks to your mental or physical well-being.

Ultimately, belief in occult affairs is a personal journey, and it may evolve over time. Some people find deep meaning and spiritual connection through occult practices, while others remain skeptical. It's essential to follow your own path and maintain a balance between exploration, critical thinking, and personal belief.

How to Prepare Kids for future as balance in Sprititual and Materialistic ways

Preparing children for a successful life while balancing spiritual and materialistic aspects in the context of the Shia sect of Islam involves imparting religious teachings, fostering strong moral values, and providing a well-rounded education. Here are some specific strategies to help you achieve this:

1. Islamic Education:

- Begin with a strong foundation in Islamic education. This includes teaching the fundamental beliefs and practices of Shia Islam.

2. Salat and Worship:

- Encourage regular prayer (Salat) and instill the importance of connecting with Allah.

- Teach children about the significance of various Islamic rituals, including fasting during Ramadan, reciting supplications, and performing acts of worship.

3. Imam's Teachings:

- Educate children about the teachings and values of the Shia Imams, emphasizing the importance of justice, morality, and helping others.

4. Tawhid and Adalah:

- Teach the concepts of Tawhid (the oneness of God) and Adalah (justice) as central tenets of Shia Islam.

- Explain how these principles relate to both spiritual and ethical aspects of life.

5. Moral Values:

- Instill strong moral values and ethics, such as honesty, integrity, compassion, and empathy, in daily life.

6. Set Goals and Encourage Responsibility:

- Teach kids to set both short-term and long-term goals, both academic and personal.

- Promote responsibility for their actions and the consequences of those actions.

7. Charity and Helping Others:

- Encourage acts of charity and kindness toward others, as these are fundamental to Shia beliefs.

8. Fasting and Self-Discipline:

- Teach children the spiritual significance of fasting, self-control, and self-discipline during Ramadan.

9. Islamic History and Role Models:

- Educate children about the history of Islam, the lives of the Prophet Muhammad and the Ahlul Bayt, and the struggles they faced for justice and truth.

10. Interfaith Understanding:

- Encourage dialogue and understanding with people from different faiths, promoting tolerance and respect.

11. Encourage Education:

- Promote a love for learning, as knowledge is highly valued in Shia Islam. Encourage education in both religious and secular subjects.

12. Strong Work Ethic:

- Emphasize the value of hard work and dedication in academics and professional life. Encourage them to set and pursue their goals.

13. Encourage Creativity and Artistic Expression:

- Foster creativity and encourage artistic expression through activities like music, art, or writing

14. Balance Material Success:

- While valuing material success, teach children that it should be pursued ethically and within the boundaries of Islamic principles.

15. Financial Responsibility:

- Teach financial literacy, responsible spending, and the importance of charity (Zakat and Khums).

16. Cultural and Social Awareness:

- Encourage cultural and social awareness, fostering a sense of belonging to the global community.

17. Respect for Elders and Parents:

- Instill respect and care for elders and parents as a central element of Islamic family values.

18. Community Engagement:

- Engage in community service and volunteer work as a family to instill the spirit of social responsibility.

19. Encourage Critical Thinking:

- Promote independent thinking, problem-solving, and critical analysis within the framework of Islamic principles.

20. Promote Physical and Mental Health:

- Encourage regular physical activity and a balanced diet for physical health.

- Support mental health by teaching stress management, resilience, and the importance of self-care.

21. Balanced Technology Usage:

- Set limits on screen time and encourage children to engage in physical activities, reading, and creativity.

22. Encourage Leadership and Social Justice:

- Teach children to take leadership roles and advocate for social justice within the guidelines of Islamic teachings.

23. Family Time and Reflection:

- Spend quality time together as a family and engage in discussions about spiritual and material aspects of life, guiding children to find a balance.

24. Encourage Independent Thinking:

- Allow kids to express their individuality and opinions while guiding them to think independently and critically.

25. Spend Quality Time Together:

- Make time for family activities and bonding to strengthen the family unit and reinforce values and spirituality.

26. Celebrate Achievements: Celebrate your children's successes, no matter how small. This builds their self-esteem and encourages them to set and achieve more significant goals.

27. Regular Reflection and Discussion: Engage in discussions about the balance between material and spiritual aspects of life, encouraging your children to think critically about their own values and goals

28. Lead by Example: Demonstrate the values and principles you want to instill in your children through your own behavior. Be a role model for both material success and spirituality.

Remember that it's essential to maintain open communication with your children, allowing them to explore their beliefs and values while providing guidance based on your own beliefs and the teachings of the Shia sect of Islam. Encouraging them to make informed and thoughtful choices as they navigate the complex path of life is key to their success.

How to Overcome on Fear of Success

Overcoming the fear of success can be a challenging process, but with dedication and persistence, you can work towards overcoming it. Here are some strategies to help you:

1. Identify the fear: Start by understanding the underlying reasons behind your fear of success. Reflect on your thoughts and emotions when you think about succeeding. Are there any specific concerns or beliefs holding you back? Identifying these fears will help you address them directly.

2. Challenge limiting beliefs: Often, fear of success stems from negative or limiting beliefs we hold about ourselves. Challenge these beliefs by questioning their validity. Are they based on evidence or merely assumptions? Replace negative thoughts with positive and empowering ones that reinforce your abilities and potential for success.

3. Visualize success: Visualization is a powerful technique to overcome fear. Imagine yourself achieving your goals and experiencing success. Visualize the positive outcomes, the happiness, and the sense of accomplishment. By repeatedly visualizing success, you can reprogram your mind to associate positive emotions with it.

4. Set realistic goals: Break down your long-term goals into smaller, manageable steps. Setting achievable goals helps build confidence and reduces the overwhelming feeling that can come with success. Celebrate your accomplishments along the way, no matter how small, as this will reinforce your belief in your abilities.

5. Embrace failure as a learning opportunity: Fear of success is often intertwined with fear of failure.

Understand that setbacks and failures are a natural part of any journey toward success. Instead of viewing failure as a reflection of your worth, see it as an opportunity for growth and learning. Embrace the lessons learned and use them to improve your future endeavors.

6. Surround yourself with supportive people: Seek out individuals who believe in you and your abilities. Surrounding yourself with positive and supportive people can boost your confidence and help alleviate your fear of success. Share your goals with them, and let their encouragement inspire you.

7. Take small steps outside your comfort zone: Gradually expose yourself to situations that push you beyond your comfort zone. Start with small challenges and gradually increase the difficulty. As you accomplish these small steps, you'll gain confidence and realize that you're capable of achieving more than you previously thought.

8. Seek professional help if needed: If your fear of success is deeply rooted and significantly impacting your life, consider seeking support from a therapist or counselor. They can help you explore the underlying causes of your fear and provide guidance on overcoming it.

Remember that overcoming fear takes time and effort. Be patient with yourself, celebrate your progress, and stay committed to your personal growth.

How to prepare strategy for a specific goal?

Preparing a strategy for a specific goal involves developing a systematic and organized approach to achieving that goal. Here's a step-by-step process to help you prepare a strategy:

1. Define your goal: Start by clearly defining your specific goal. Ensure it is specific, measurable, attainable, relevant, and time-bound (SMART). The more precise your goal is, the easier it will be to create a strategy around it.

2. Assess the current situation: Evaluate your current situation and understand the factors that may impact your goal. Identify any strengths, weaknesses, opportunities, or threats (SWOT analysis) that are relevant to your goal. This analysis will provide insights into the internal and external factors that may affect your strategy.

3. Identify key actions: Break down your goal into smaller, actionable steps or milestones. Determine the key actions or initiatives required to move closer to your goal. Consider the resources, skills, and time required for each action. Prioritize the actions based on their importance and sequence.

4. Allocate resources: Determine the resources needed to execute your strategy effectively. This may include financial resources, human resources, technology, or any other assets required to support your actions. Ensure you have a realistic assessment of the resources available and make any necessary adjustments.

5. Create a timeline: Develop a timeline or schedule for implementing your strategy. Define specific deadlines or milestones for each action or initiative. Ensure that the timeline is realistic and allows for flexibility if unexpected challenges arise.

6. Monitor and measure progress: Establish metrics or key performance indicators (KPIs) to track your progress. Regularly monitor and measure your performance against these indicators. This will help you identify any

gaps or areas that require adjustments or additional efforts.

7. Adapt and refine: As you progress towards your goal, be open to adaptation and refinement of your strategy. Assess the effectiveness of your actions and make necessary adjustments based on feedback and changing circumstances. Stay agile and responsive to optimize your chances of success.

8. Seek feedback and support: Engage with stakeholders, mentors, or experts who can provide feedback and support throughout the process. Their perspectives and expertise can offer valuable insights and help you refine your strategy.

Remember, strategy implementation requires discipline, perseverance, and continuous evaluation. Stay committed to your plan, be prepared to make adjustments when needed, and celebrate milestones along the way.

Character traits of a pessimist mindset

A pessimist mindset is characterized by a tendency to see the negative aspects of situations and to expect the

worst possible outcomes. Some common character traits of a pessimist mindset include:

1. Negative thinking: Pessimists often focus on the negative aspects of a situation, dwelling on what can go wrong and what could be better.

2. Lack of hope: Pessimists often lack hope and optimism, believing that things are unlikely to improve and that the future is bleak.

3. Fear and anxiety: Pessimists often feel anxious and fearful, imagining worst-case scenarios and worrying about what could go wrong.

4. Inability to see the positive: Pessimists often have a hard time seeing the positive aspects of a situation, even when they are present.

5. A tendency to give up easily: Pessimists often give up easily when faced with challenges, feeling that the effort required to succeed is not worth it.

6. A sense of helplessness: Pessimists often feel helpless and powerless to change their circumstances, believing that external factors are to blame for their problems.

It's important to note that a pessimist mindset can be temporary or situational, and is not necessarily a permanent personality trait. With the right mindset and tools, a person can learn to become more optimistic and focus on the positive aspects of life.

Religion and Science beneficial for Global Society?

Religion and science can both be beneficial for global society in their own ways. Religion can provide a sense of meaning, purpose, and moral guidance to individuals and communities, while science can help us better understand the world around us and develop new technologies that improve our lives.

Instead of blaming each other for astraying from the right path, it's important to recognize that religion and science can coexist and even complement each other. While religion may provide answers to questions about the meaning of life and the universe, science can provide evidence-based explanations for natural phenomena and guide technological progress.

By embracing both religion and science, we can create a more holistic and inclusive understanding of the world that benefits all members of society. We can acknowledge that different people have different beliefs and perspectives, and we can work together to find common ground and solutions to the challenges facing our global community.

Religion and Social Systems

Religion can play a significant role in shaping social systems of justice and ethics in the global world, often in conjunction with or in contrast to economic systems like capitalism and political ideologies like Marxism. Here are some ways in which religion can impact social justice and ethics:

1. Moral and Ethical Frameworks: Many religions provide a comprehensive moral and ethical framework that guides the behavior of their followers. These moral codes often include principles of justice, compassion, and charity. For example, the Ten Commandments in Judaism and Christianity or the Five Pillars of Islam include guidelines for ethical conduct.

2. Social Welfare and Charity: Religions often encourage acts of charity and emphasize helping those in need.

Religious organizations, such as churches, mosques, temples, and charities affiliated with religious groups, frequently engage in humanitarian and social justice work, such as providing food, shelter, and healthcare to the less fortunate.

3. Advocacy for Justice: Religious leaders and organizations have played critical roles in advocating for social justice causes. They can leverage their moral authority and large followings to address issues like poverty, discrimination, human rights abuses, and environmental concerns. Prominent figures like Martin Luther King Jr. in the civil rights movement or Archbishop Desmond Tutu in the anti-apartheid struggle illustrate this point.

4. Conflict Resolution: Religion can act as a mediator or peacemaker in conflict situations. Religious leaders and institutions have, at times, been instrumental in negotiating peace agreements and promoting reconciliation in regions affected by violence and strife.

5. Cultural and Social Values: Religion often shapes cultural and social values, influencing the attitudes of individuals and societies toward issues such as fairness, equality, and the distribution of resources. These values

can affect how economic systems like capitalism are perceived and practiced.

6. Critique of Economic Systems: Some religious traditions, particularly those rooted in liberation theology, Islamic economics, or Buddhist economics, offer critiques of economic systems like capitalism and promote alternative economic models that prioritize social justice and equitable distribution of resources.

7. Solidarity and Community Building: Religious communities can foster a sense of solidarity and communal responsibility. This can lead to mutual support and the promotion of social justice within religious communities and beyond.

However, it's important to note that the role of religion in social justice and ethics can vary widely among different religious traditions and individual interpretations. Some may use religion to justify oppressive or discriminatory practices, while others use it as a force for positive change.

In contrast to religion, capitalism and Marxism are primarily economic and political systems. Capitalism is characterized by private ownership of the means of

production and the pursuit of profit, while Marxism advocates for the abolition of private property and a classless society. These systems focus on economic organization and the distribution of resources but do not address questions of morality, ethics, and spirituality in the same way that religion does.

In practice, societies often include a mix of religious, economic, and political influences, and the interactions between these factors can be complex and multifaceted. It's important to recognize that individuals and societies often draw from various sources, including religion, economic systems, and political ideologies, to create their ethical and justice frameworks.

Unbalance And Inequality In Global Finance And Economics

The lack of balance and equality in global finance and economics is a complex issue with multiple contributing factors. Here are some key reasons why global society is not balanced and equal in terms of finance and economics:

1. Historical Inequalities: Many of the imbalances in the modern global economic system can be traced back to historical inequalities, including colonialism, exploitation

of resources, and the legacy of slavery. These historical injustices have had lasting effects on wealth distribution and economic opportunities.

2. Structural Inequalities: Global economic systems are often structured in ways that perpetuate inequality. For example, the international trade system, intellectual property rights, and financial regulations can favor wealthier nations and corporations, making it difficult for developing countries to compete on an equal footing.

3. Wealth Concentration: The global economy has seen a significant concentration of wealth and income in the hands of a relatively small percentage of the population. This concentration can perpetuate inequality and limit economic opportunities for others.

4. Economic Systems: Capitalism, the predominant economic system in much of the world, is often criticized for exacerbating income inequality. The pursuit of profit can sometimes lead to exploitative labor practices and a focus on short-term gains over long-term social and economic stability.

5. Lack of Access to Education and Resources: Disparities in access to education, healthcare, and basic resources

can limit economic opportunities for marginalized communities, making it difficult for them to break the cycle of poverty.

6. Corruption: Corruption within governments and institutions can hinder economic development and exacerbate inequalities. When resources are misappropriated or siphoned off through corrupt practices, it can impede economic progress.

7. Globalization: While globalization has brought many benefits, it has also been associated with job displacement, exploitation of labor, and environmental degradation, often at the expense of economically vulnerable communities.

8. Geopolitical Factors: Geopolitical conflicts, trade wars, and sanctions can disrupt economic stability and create further economic disparities, particularly for countries caught in the crossfire.

9. Technological Change: Automation and technological advances can lead to job displacement, particularly in low-skilled or repetitive tasks, potentially increasing economic inequality.

10. Financial Speculation: Speculative financial practices can lead to economic volatility and wealth extraction without creating tangible value for society as a whole.

11. Environmental Challenges: Environmental degradation and climate change can disproportionately affect economically vulnerable populations, leading to increased economic inequalities.

Addressing these inequalities in global finance and economics is a complex and ongoing challenge. Various efforts, such as international development programs, policies aimed at wealth redistribution, ethical business practices, and initiatives to promote education and healthcare access, are attempts to mitigate these disparities. Additionally, social and political movements often play a role in advocating for economic justice and more equitable economic systems.

Reasons of Unethical social behaviors

Unethical social behaviors can manifest for various reasons when individuals or communities experience low social, economic, and financial status. It's important to note that ethical behavior is influenced by a complex interplay of factors, and not all individuals in such circumstances engage in unethical behavior. However,

several key factors can contribute to unethical behavior in these situations:

1. Economic Desperation: When individuals or communities face severe poverty, unemployment, or financial instability, the desperation to meet basic needs such as food, shelter, and healthcare can lead some to resort to unethical behaviors to survive. This may include theft, fraud, or involvement in illegal activities.

2. Limited Access to Resources: Insufficient access to essential resources like education, healthcare, and clean water can create a sense of hopelessness and a belief that the only way to secure these resources is through unethical means.

3. Inequality and Injustice: When people perceive that the economic and social system is fundamentally unjust and favors a select few, they may resort to unethical behaviors as a form of protest, rebellion, or survival in the face of perceived oppression.

4. Lack of Legal Recourse: In some cases, individuals may perceive that the legal system does not protect their rights or interests, leading them to engage in unethical

behaviors as an alternative means of obtaining justice or redress.

5. Social Norms and Peer Pressure: In communities with low socioeconomic status, there may be social norms and peer pressure that condone or even encourage unethical behaviors. In some cases, individuals may conform to these norms to gain acceptance or avoid social isolation.

6. Cultural Factors: Cultural values, beliefs, and norms can influence ethical behavior. In some cases, cultural practices may conflict with universally accepted ethical standards, leading to unethical actions.

7. Limited Access to Information and Education: A lack of access to information and education can limit individuals' understanding of ethical principles, rights, and responsibilities. Without this knowledge, they may engage in unethical actions unintentionally.

8. Psychological Stress and Mental Health: The stress and mental health challenges associated with low social and economic status can affect decision-making and impulse control. This can, in some cases, lead to unethical actions.

9. Survival Mentality: In environments of extreme deprivation, the focus on immediate survival may override ethical considerations. This survival mentality can lead individuals to prioritize short-term gains over long-term ethical behavior.

It's important to emphasize that unethical behavior is not exclusive to individuals with low social, economic, or financial status. Unethical behavior can occur at all levels of society and is influenced by a wide range of factors, including individual values, moral development, cultural context, and external pressures.

Efforts to address unethical behavior in such contexts often involve a combination of social and economic interventions, education, access to resources, legal reforms, and community development initiatives. Promoting economic opportunities, social support networks, and ethical education can help individuals and communities make ethical choices even in challenging circumstances.

Are Only Educational System Can Resolve The Unethical Behaviour

Resolving unethical behavior is a multifaceted challenge that typically requires addressing multiple aspects of

society, not just the educational system. While education plays a crucial role in fostering ethical behavior and values, it is only one piece of the puzzle. Several other aspects, including economic and financial factors, also need to be considered:

1. Education: Education is instrumental in instilling moral values and ethical principles. It can help individuals understand the consequences of unethical behavior and the importance of social responsibility. However, education alone may not be sufficient to address unethical behavior if individuals face economic hardships or societal pressures that push them towards unethical choices.

2. Economic and Financial Factors: Economic inequality and financial stress can contribute to unethical behavior. Addressing economic disparities and providing opportunities for stable employment and income can help reduce the desperation that often leads to unethical actions.

3. Legal and Regulatory Frameworks: Effective laws and regulations are essential for maintaining ethical standards in society. They provide a framework for addressing unethical behavior, ensuring accountability, and protecting the rights and interests of individuals. An effective legal system is crucial for deterring unethical conduct.

4. Social and Cultural Norms: The prevailing social and cultural norms in a society can either promote or discourage unethical behavior. Efforts to challenge and change norms that condone or encourage unethical actions may be necessary.

5. Mental Health and Well-being: Addressing mental health issues and providing support for individuals facing psychological distress can help reduce the likelihood of unethical behavior driven by stress, anxiety, or other mental health challenges.

6. Access to Basic Needs: Ensuring access to basic needs such as food, clean water, shelter, and healthcare can reduce desperation and the temptation to engage in unethical actions out of necessity.

7. Community and Social Support: Strong social support networks and communities that provide a sense of belonging and acceptance can promote ethical behavior. People are more likely to act ethically when they feel supported by their communities.

8. Media and Information: The media and information landscape can influence ethical behavior. Media can either reinforce or challenge unethical behavior by shaping public perceptions and values. Ethical journalism and media literacy initiatives are important in this regard.

9. Role Models and Leadership: Ethical leadership, both in the public and private sectors, can set positive examples and promote ethical behavior throughout

society. Individuals are often influenced by the behavior of those in positions of authority and influence.

10. Civic Engagement and Participation: Encouraging active civic participation and a sense of responsibility for the well-being of the community can foster ethical behavior. When individuals feel invested in their communities, they are more likely to act in ways that benefit society as a whole.

In summary, while the educational system is an essential component in promoting ethical behavior, it must be complemented by a holistic approach that addresses economic, social, legal, and cultural factors. To create a more ethical society, it's crucial to consider the broader context in which individuals make ethical choices and take a multidimensional approach to address unethical behavior.

How to Choose Life Partner, What should to be Look?

Choosing a life partner is a deeply personal and significant decision. It's important to consider various aspects to ensure a compatible and healthy relationship. For those who place importance on having a noble or virtuous family, certain considerations can help in the decision-making process. Here are some aspects to be aware of:

1. Shared Values and Principles:

- Identify your core values and principles, and seek a partner who shares them. For those aiming for a noble family, compatibility in values such as honesty, kindness, empathy, and integrity is crucial.

2. Compatibility:

- Consider your compatibility in terms of interests, communication styles, life goals, and expectations. Compatibility can contribute to a harmonious family life.

3. Emotional Compatibility:

- Assess your emotional connection and compatibility. Emotional support, understanding, and the ability to communicate openly are essential for a strong family.

4. Mutual Respect:

- A noble family is built on mutual respect. Ensure that you and your partner have a deep respect for each other's autonomy, choices, and boundaries.

5. Communication Skills:

- Effective communication is key to resolving conflicts, understanding each other, and nurturing a loving family. Look for a partner who can communicate openly and empathetically.

6. Financial Compatibility:

- Discuss your financial expectations and plans. Financial stability and shared financial goals are important aspects of a noble family.

7. Long-Term Goals:

- Share and discuss your long-term life goals, including family planning, career aspirations, and lifestyle choices. Ensure alignment in these areas.

8. Family Values:

- Discuss your expectations regarding family life, parenting, and the roles each partner will play in raising children if applicable.

9. Character and Integrity:

- Character matters in building a noble family. Assess your partner's integrity, honesty, and commitment to ethical behavior.

10. Social and Cultural Compatibility:

- Consider whether you and your partner have shared cultural backgrounds and social values. Compatibility in these areas can help in building a harmonious family.

11. Supportive Networks:

- Consider the support systems and networks you both have in place. A noble family often benefits from supportive friends and family members.

12. Conflict Resolution:

- Discuss how you both handle conflicts and disagreements. The ability to resolve conflicts constructively is essential for family harmony.

13. Shared Responsibilities:

- Clarify expectations regarding shared responsibilities, both inside and outside the home. A noble family values shared efforts and responsibilities.

14. Commitment to Personal Growth:

- Consider your partner's commitment to personal growth and self-improvement, as well as their willingness to grow together as a couple.

15. Trust and Loyalty:

- Trust and loyalty are vital for a noble family. Ensure that you can trust your partner and that loyalty is reciprocated.

Remember that building a noble family is an ongoing process that requires effort, understanding, and mutual commitment from both partners. Be open to compromise and continuous communication. Additionally, seeking pre-marital counseling or guidance can help you and your partner navigate these considerations and ensure a strong foundation for your family. Ultimately, the decision to choose a life partner

should be based on your unique circumstances, values, and aspirations.

How Teenagers Should To Prepare Daily Routine That Leads To Success In Future?

Teenagers can benefit from establishing a daily routine that fosters personal growth, discipline, and success in the future. Here's a guide on how teenagers can prepare a daily routine:

1. Time Management:

- Set aside time for specific tasks, including schoolwork, extracurricular activities, personal development, and leisure.

2. Prioritize Education:

- Dedicate a significant portion of your day to studying and completing homework. Make a study schedule and stick to it.

3. Extracurricular Activities:

- Participate in extracurricular activities that align with your interests and goals. These can help you develop skills, build your resume, and show commitment.

4. Exercise and Health:

- Make time for physical activity and prioritize your health. Regular exercise can boost energy and mental clarity.

5. Sleep Schedule:

- Ensure you get enough sleep. A consistent sleep schedule helps with concentration and overall well-being.

6. Hobbies and Interests:

- Pursue hobbies and interests that you are passionate about. These activities can provide balance and personal fulfillment.

7. Goal Setting:

- Set both short-term and long-term goals. Break them down into actionable steps and monitor your progress.

8. Time for Reflection:

- Allocate time for self-reflection and self-improvement. Journaling or meditation can be valuable for personal growth.

9. Technology Use:

- Be mindful of screen time and limit distractions from social media and games. Use technology for educational and productive purposes.

10. Reading and Learning:

- Set aside time for reading and learning beyond your school curriculum. Reading broadens your knowledge and enhances your communication skills.

11. Time for Family and Friends:

- Allocate time for meaningful interactions with family and friends. Strong relationships are crucial for emotional well-being.

12. Volunteer and Give Back:

- Consider volunteering or engaging in community service. This builds character and empathy.

13. Planning and Organization:

- Use planners, calendars, or apps to stay organized and keep track of your tasks and appointments.

14. Limit Distractions:

- Identify common distractions in your environment and take steps to minimize them.

15. Seek Guidance:

- Don't hesitate to seek advice from parents, teachers, mentors, or counselors to help you with your future plans.

16. Balance and Self-Care:

- Prioritize self-care and relaxation. Remember that it's essential to maintain a balance in your life.

17. Adaptability:

- Be flexible and open to change. Life can be unpredictable, so adaptability is a valuable skill.

18. Set Boundaries:

- Learn to say no when necessary. Setting boundaries is important for managing your time effectively.

19. Monitor Progress:

- Regularly evaluate your routine and make adjustments as needed. Be open to refining your schedule for better results.

20. Be Patient:

- Success often takes time. Be patient with yourself and your progress, and don't be discouraged by setbacks.

Ultimately, the key to success is a combination of hard work, time management, personal growth, and resilience. Your daily routine should reflect your values and aspirations, and it should provide you with a sense of purpose and fulfillment as you work toward your goals.

Chat GPT Is Need Of Teenagers For Finding Their Problems

Chatbots like GPT can be helpful to teenagers in various ways for addressing their problems and concerns. Here are some reasons why they might find chatbots like GPT valuable:

1. Anonymity and Privacy: Many teenagers may feel more comfortable discussing their problems with a chatbot because it provides a degree of anonymity and privacy. They can express their thoughts and concerns without the fear of judgment or stigma.

2. 24/7 Availability: Chatbots are available 24/7, which can be especially helpful for teenagers who may have questions or concerns outside of regular business hours or when they are unable to speak with a human counselor or mentor.

3. Non-judgmental Listening: Chatbots do not have personal biases or judgments, which can be reassuring for teenagers who may worry about the reactions of friends, family, or teachers when discussing their problems.

4. Information and Guidance: Chatbots can provide information and guidance on a wide range of topics, from mental health and relationships to academic advice and personal development. They can direct teenagers to valuable resources and suggest potential solutions to their problems.

5. Accessibility: Chatbots are accessible through various devices with internet access, making it convenient for teenagers to seek help and guidance from wherever they are.

6. Emotional Support: While chatbots are not a substitute for professional therapy, they can offer a degree of emotional support by listening to teenagers' concerns and providing coping strategies or referrals to professionals when necessary.

7. Stress and Anxiety Reduction: For teenagers dealing with stress or anxiety, having a chatbot to talk to can provide a soothing and calming experience. Some chatbots are designed with features to promote relaxation and mental well-being.

8. Education and Awareness: Chatbots can educate teenagers on various topics, helping them become more aware of issues relevant to their age group, such as mental health, online safety, and healthy relationships.

9. Peer Support and Community: Some chatbots are designed to facilitate peer support and connect teenagers with others who may be experiencing similar issues, creating a sense of community.

It's important to note that while chatbots can be a helpful resource for teenagers, they should not replace professional medical or psychological advice when dealing with serious or complex issues. For significant problems or crises, teenagers should always be encouraged to seek support from trusted adults, counselors, or mental health professionals.

Additionally, the effectiveness of chatbots in addressing teenagers' problems can vary, and the quality of advice and information they provide can depend on their design and programming. It's essential to use chatbots as a supplementary resource and not the sole source of support for teenagers.

Why Critical Thinking In Teenagers Are Important

Critical thinking is essential for teenagers (and people of all ages) because it equips them with the skills to discern truth from falsehood and make informed, reasoned decisions in all aspects of life. Here are several reasons why critical thinking is vital for this purpose:

1. Discerning Truth from Falsehood: Critical thinking enables teenagers to evaluate information, claims, and sources critically. They can differentiate between reliable, evidence-based information and misleading or false claims. This skill is invaluable in a world where misinformation and disinformation are prevalent.

2. Empowerment and Independence: Critical thinking empowers teenagers to think for themselves and not merely accept information or beliefs at face value. It encourages independence and self-reliance, helping them avoid being manipulated or deceived by others.

3. Effective Problem Solving: Critical thinking teaches teenagers to approach problems systematically, break them down into manageable parts, and consider multiple perspectives and potential solutions. This is

essential in various life situations, from academic challenges to personal issues.

4. Informed Decision-Making: Critical thinking equips teenagers with the ability to gather relevant information, analyze it, and weigh the pros and cons of various options. This is crucial for making informed decisions about education, career, relationships, and ethical dilemmas.

5. Civic Engagement and Social Responsibility: Critical thinking enables teenagers to engage in responsible citizenship. They can critically evaluate political candidates, policies, and social issues. This contributes to a more informed and engaged citizenry.

6. Conflict Resolution: Teenagers often face conflicts and disagreements in their personal and social lives. Critical thinking helps them analyze the root causes of conflicts, consider multiple viewpoints, and find constructive solutions.

7. Media Literacy: In the age of digital information, critical thinking is crucial for discerning the accuracy and credibility of online content, including news and social

media. It helps teenagers avoid falling victim to fake news and online scams.

8. Ethical and Moral Decision-Making: Critical thinking encourages teenagers to consider the ethical and moral implications of their choices. It helps them make decisions that align with their values and principles.

9. Career Success: In the professional world, critical thinking is highly valued. It allows teenagers to adapt to new challenges, solve complex problems, and make strategic decisions that can lead to career success.

10. Lifelong Learning: Critical thinking is not a skill limited to adolescence; it is essential for lifelong learning. Encouraging critical thinking during the teenage years sets a foundation for continued intellectual growth and adaptability throughout life.

Incorporating critical thinking into education and parenting is crucial to develop these skills in teenagers. Encouraging open discussions, asking questions, challenging assumptions, and fostering a spirit of inquiry can all help teenagers become critical thinkers who can navigate an increasingly complex and information-rich world with confidence and discernment.

Teach Youngsters for Business

Teaching youngsters about business strategies is a valuable endeavor that can help prepare them for future entrepreneurial and career success. Here are some essential concepts and skills to impart to youngsters interested in business:

1. Entrepreneurial Mindset: Instill an entrepreneurial mindset, emphasizing creativity, innovation, and the ability to identify opportunities in the market.

2. Business Fundamentals: Teach the basics of business, including the concepts of supply and demand, revenue, expenses, profit, and different business models.

3. Market Research: Encourage youngsters to research and understand their target market, customer needs, and competition. Explain the importance of market analysis.

4. Business Planning: Teach them how to create a business plan, outlining their goals, strategies, and financial projections. This includes setting clear objectives and key performance indicators (KPIs).

5. Financial Literacy: Educate them about financial concepts such as budgeting, financial statements (income statement, balance sheet), and cash flow management.

6. Marketing and Branding: Explain the principles of marketing, advertising, and branding. Discuss strategies for building a strong brand identity.

7. Sales and Customer Service: Teach effective sales techniques and the importance of providing excellent customer service.

8. Networking and Relationship Building: Stress the significance of building and maintaining professional relationships and networks within the business community.

9. Risk Management: Discuss risk assessment and management, including strategies for minimizing risks in business.

10. Decision-Making: Teach youngsters how to make informed decisions by evaluating options, considering consequences, and using critical thinking.

11. Innovation and Adaptability: Emphasize the importance of adapting to changes in the market and staying innovative.

12. Technology and Digital Literacy: In today's digital age, it's essential to educate them about using technology, e-commerce, and digital marketing.

13. Legal and Ethical Considerations: Discuss business ethics, legal responsibilities, and the importance of operating within the law.

14. Communication Skills: Enhance their communication skills, including public speaking, negotiation, and effective written and verbal communication.

15. Project Management: Introduce them to project management concepts, including setting goals, organizing tasks, and meeting deadlines.

16. Leadership and Teamwork: Teach leadership skills and how to work effectively in teams, as many business ventures involve collaboration.

17. Mistakes and Failure: Emphasize that making mistakes is a part of entrepreneurship and learning from failure is essential for growth.

18. Long-Term Vision: Encourage youngsters to think about their long-term business vision and the legacy they want to create.

19. Global Perspective: In an increasingly globalized world, educate them about international business and the opportunities and challenges of operating on a global scale.

20. Adaptability and Continuous Learning: Stress the importance of adaptability and the need for continuous learning and skill development throughout their careers.

Additionally, mentorship and exposure to real-world business experiences, such as internships and apprenticeships, can be highly beneficial for youngsters interested in business. Encourage them to participate in business-related clubs, competitions, and entrepreneurship programs. By providing these opportunities and knowledge, you can help them

develop the skills and confidence necessary for a successful future in the world of business.

Teenager's Business and Moral Values

For teenagers aspiring to become ethical and responsible business leaders, it's essential to understand and cultivate good ethical traits while avoiding bad traits that can be detrimental to their careers and personal integrity. Here are some of the main ethical traits to know and cultivate, as well as bad traits to avoid:

Good Ethical Traits for Teenage Businesspeople:

1. Honesty: Being truthful and transparent in all business dealings is fundamental. Honesty builds trust with customers, employees, and partners.

2. Integrity: Upholding strong moral principles and values, even when facing difficult decisions or temptations to compromise.

3. Respect: Treating all individuals, regardless of their role or background, with respect and dignity. This includes employees, customers, competitors, and others in the business ecosystem.

4. Responsibility: Taking responsibility for one's actions and their consequences. This includes admitting mistakes and working to rectify them.

5. Fairness: Ensuring that business practices are fair and just, without discrimination or bias. This extends to hiring, promotions, and interactions with stakeholders.

6. Accountability: Being answerable for one's actions and decisions, including being accountable for the impact of business activities on society and the environment.

7. Empathy: Understanding and considering the perspectives and needs of others. Empathy fosters better relationships and helps businesses respond to customer and employee concerns.

8. Sustainability: Considering the long-term environmental and social impacts of business activities and adopting sustainable practices.

9. Compliance: Adhering to all applicable laws and regulations and conducting business in an ethical and legal manner.

Ethical Traits to Avoid:

1. Deception: Avoid deceitful practices, such as providing false information, misleading customers, or misrepresenting products or services.

2. Exploitation: Refrain from exploiting employees, customers, or suppliers. Fair compensation and ethical treatment are important.

3. Discrimination: Do not engage in discrimination based on factors such as race, gender, age, religion, or disability. Promote diversity and inclusion.

4. Unethical Competition: Avoid sabotaging competitors or engaging in anti-competitive practices. Competition should be fair and respectful.

5. Bribery and Corruption: Do not offer or accept bribes or engage in corrupt practices. Transparency and integrity are essential.

6. Conflict of Interest: Manage and disclose any conflicts of interest that could compromise impartial decision-making or create unfair advantages.

7. Environmental Neglect: Neglecting environmental responsibility can have far-reaching negative consequences. Avoid polluting, wasteful practices, and disregard for environmental impact.

8. Short-term Thinking: Ethical business leaders prioritize long-term sustainability over short-term gains and unethical shortcuts.

9. Overwork and Exploitation of Labor: Avoid excessive working hours, inadequate compensation, or poor working conditions that harm employees' well-being.

10. Lack of Transparency: Being secretive or non-transparent can erode trust. Open and honest communication is vital.

Teaching teenagers these ethical principles and emphasizing their importance in business and personal life is crucial for fostering a strong ethical foundation. Encourage them to seek guidance from mentors, ethical business leaders, and ethical codes of conduct within their industries. Ethical business practices not only benefit society but also contribute to the long-term success and reputation of a business.

How Lust, Anger And Greed Can Control?

Lust, anger, and greed are commonly recognized as the three main negative emotions in various philosophical and spiritual traditions. While these emotions are natural and part of the human experience, controlling them can be essential for achieving success in life. Here's how managing lust, anger, and greed can contribute to personal and professional success:

1. Lust:

- Focus and Concentration: Excessive lust can lead to distraction and loss of focus. Controlling it allows you to concentrate on your goals and tasks.

- Healthy Relationships: Managing lust helps in building and maintaining healthy and respectful relationships, which can positively impact your personal and professional life.

- Self-Discipline: Learning to control lust requires self-discipline, a valuable trait for achieving success in various aspects of life.

2. Anger:

- Emotional Intelligence: Managing anger is a key component of emotional intelligence. It enables you to

respond to challenges and conflicts with a level head, leading to better decision-making.

- Effective Communication: Anger often leads to poor communication. By controlling anger, you can express your thoughts and feelings more effectively, which is crucial for success in personal and professional relationships.

- Stress Reduction: Anger can increase stress levels, which can negatively affect your physical and mental health. Managing anger can lead to reduced stress and improved overall well-being.

3. Greed:

- Financial Responsibility: Uncontrolled greed can lead to reckless financial decisions. Managing greed helps you make responsible financial choices and build a secure future.

- Ethical Behavior: Greed can lead to unethical actions in the pursuit of personal gain. Learning to control greed is essential for maintaining ethical behavior in both personal and professional life.

- Contentment: Practicing contentment and gratitude can lead to a more fulfilling life. It helps you appreciate what you have, reducing the constant need for more.

Incorporating mindfulness, self-awareness, and self-regulation techniques into your life can help in managing these emotions. This can include practices like meditation, deep breathing, and seeking the guidance of mental health professionals or spiritual advisors when necessary.

Moreover, it's important to understand that these emotions are not inherently negative. They can drive ambition, passion, and motivation, which are important for success. The key is to strike a balance and ensure that these emotions are harnessed and expressed in healthy, constructive ways that align with your goals and values.

In essence, controlling lust, anger, and greed is about achieving emotional balance and managing these natural human tendencies so that they work in harmony with your aspirations for success and personal well-being.

05 Strange psychological tricks no one will tell you

1.When you're trying to convince someone, make sure you stand and they're seated. It makes them more likely to believe you.

2. If you're looking for something in the room someone has hidden, just shout that you found it. They'll normally look directly at the object.

3. You can check if someone is watching you by checking your watch. If they are watching you they would check the time as well.

4. If you are in an argument stay as calm as possible and when they are done stay silent and stare at them it will piss them off so much.

5. If someone interrupts you while you are talking carry on talking, they're gonna feel awkward and shut up.

Remember these 09 things in your professional life

1. Stay away from people who do back-bitching. If they can bad mouth someone in front of you, then how can you be sure they won't do the same to you?
2. Never speak your heart out at work. Learn how to be diplomatic. That's what everyone else is doing around you.
3. Office politics is for skill less people at work. Never involve yourself in it.
4. Never bargain your salary by showing other job offer letters to your current employer. Even if they increase your salary, you'll be on their radar forever.
5. Efficiency is not equivalent to time. Stop staying late at work to prove yourself better.

6. No matter how close you are with your colleagues, never discuss personal matters at work.
7. You shouldn't ask anyone's salary, increment or anything personal.
8. Office romance is out of equation. It will make you miserable at work. Keep a thick line between work and personal life.
9. Work equally hard on your soft skills as they matter more than you think.

Some psychological facts about attracting people?

- If you murmur "I love you" into your partner's left ear, their brain will respond more emotionally.
- The female participants found guys with stubble or a minimal amount of facial hair to be more attractive.
- A person's eyes are the **fastest** route to their heart.
- Women whose fathers are older are frequently drawn to older guys.
- A positive appearance is important for attracting people.
- People are frequently attracted to people who are like them.

- People are very attracted to people who are positive-minded. They radiate a positive aura around them.
- Be confident about who you are. People crave confident people. confidence is ATTRACTIVE.
- Dressing sense also plays an important role in attracting people.
- Talking about your goals, life rules, ethics, and good beliefs makes people attracted to you.
- Most IMPORTANTLY, staying low-key and in your own world makes people go crazy about you. The less they know about your everyday activities, the more they are attracted to you. Privacy is attractive.

05 habits that can destroy your life

- Running behind people who are not yours and showing affection for those who do not deserve.
- Addiction to anything, drugs or mobile or social media or Masturbation or any person or anything else. One should not become slave of anything.
- Easily Give up, Not being focused.
- Reacting to adverse situation and people: It can create more damage than you think it can help.
- Not taking care of your food, sleep, body (exercise). In long term it should be avoidable.

07 Ways to become a strong human being

True strength comes from the mind.

1) Self-awareness

Self reflection through meditation and journaling are the best ways to develop self-awareness. When you truly know your self, your capacities, and your abilities, you can work with them and harness them as the gifts that make you uniquely who you are.

2) Accepting and humble mind

It's so easy to stay narrow minded and always think "I am right" - what's not easy is to be open minded and accept anyone and everything. It takes a lot of humility to be like this, and to accept the world as it is also means to grow and adapt with it and be in a state of continuous learning.

3) Emotional intelligence

It's easy to be reactive and lose yourself to your emotions, but to understand, control and master your emotions takes great strength.

4) Resilience and grit

The capacity to get up and keep going no matter what. Everyone fails - the most ssuccessful people have more failures than everyone else, but they just keep going. Thomas Edison made 1000's of "failed" patents for the light bulb before he eventually succeeded.

5) Confidence and authenticty

Being yourself no matter what and not having to hide who you are, without stepping on any toes… Now that's a gift! Being opinionated is so easy, but being able to confidently stand in truth whilst not rubbing any shoulers the wrong way is a rare skill.

6) Connecting with others

What are we on our own? No great person has ever achievedanything on their own - it's always through the sacrifice of others around them. Being grateful to everyone who's ever helped us is a sign of strength, as most people think they're so great that they have achieved something on their own.

7) Physical well-being

Taking care of your body through exercise and health and being able to push your body. I deliberately left this last, because while it's extremely important, it all comes after developing the right kind of mind and most people would think of this first when thinking of "strength"

Do You Know About Difficult Time?

1. If you can smile in trouble you understand life.You feel better also
2. You win in your mind first, then in the world. This order is unchangeable.
3. Just because it didn't work doesn't mean it was the wrong choice. Good decisions can have bad

outcomes. The world is full of probabilities, not certainties.

4. Don’t worry if people don’t like you. Live alone.Most people are struggling to like themselves.
5. Choose what you focus on wisely : It becomes your reality. Choose what you eat wisely : It becomes your body . Choose who you love wisely : They become your reason to live.

Psychological facts that people don't know

- Social media is psychologically designed to be addictive.
- Tearing the paper off drink bottles is a sign of sexual frustration.
- Asking ‘Will I?’ is more motivating than saying ‘I Will.’
- Being tested on things helps you remember them better.
- A broken heart could be a legitimate cause of death.
- We automatically second-guess ourselves when other people disagree.
- Working at a messy desk can inspire people to be more creative and form new concepts.
- Psychopathic men tend to receive a higher rating of attractiveness from women.
- Sarcasm can generate creative ideas.

- Our personalities are pretty much set for life by the time we turn five.
- Both color and lighting influence our behavior.
- Your thoughts really do shape your reality.
- Closing your eyes can help you recall things that may have slipped your mind.
- Having siblings is proven to help with getting along well with peers.
- During the 7 minutes of neural activity you will have before dying, you will see your memories in a dreamlike pattern.
- Anything that your mind says has an identical response from the body's cells.
- Religious rituals, such as prayer, are associated with significantly lower levels of mental issues or psychological discomfort.
- A hug lasting longer than twenty seconds will produce hormones in your body that make you trust the individual who is hugging you.
- A person who loses a mobile phone experiences a fear comparable to a near-death experience.

06 Things everyone should avoid to tell people

1. Try not to make offensive remarks about somebody's appearance, insight, or capacity. Respectful correspondence is the foundation of healthy connections.

2. Cease spreading bits of rumors or unverified information about others. Base your explanations on reality and be aware of the potential damage gossip can cause.
3. Be aware of delicate points like race, religion, orientation, or individual misfortunes. Try not to make jokes or remarks that could hurt or insult somebody in view of their personality or encounters.
4. While it might come from a decent spot, offering an exhortation without being asked can sometimes be seen as demeaning. Respect others' independence and give direction just when mentioned.
5. Try not to contrast individuals horribly with others. Everybody has extraordinary qualities and characteristics. Focus on empowering and valuing individual merits as opposed to making negative examinations.
6. Try not to condemn somebody's life decisions, beliefs, or choices. Practice compassion and understanding, recognizing that individuals have alternate points of view molded by their experiences. For advice or for correct false belief follow academic way.

Do you make the most of your sense of intuition?

Trust your intuition. You don’t need to explain or justify your feelings to anyone, just trust your own inner

guidance, it knows best. But if you want to explain then study related subject, so you can get the reasons for explaination. And you get reality of your intuition either its from God or Satan.

1. Intuition is a skill that can be developed and strengthened. People who appear to have a stronger sense of intuition may have honed this skill over time by making unusual connections between things and trusting their gut feelings.
2. There are various methods to improve intuition, including meditation, paying attention to your dreams, and getting creative. These practices can help individuals tap into their inner knowing and enhance their intuitive abilities.
3. Trusting your gut feeling is essential. Your intuition often communicates through a calm inner voice, especially when facing significant decisions or tasks. Learning to listen to this inner guidance can help you make better choices.
4. Intuition is considered a muscle and a skill that can be learned for life. It's not just about thinking but "knowing" how to solve problems and make decisions. Practicing and trusting your intuition can lead to more effective decision-making.

In summary, developing and making the most of your intuition is possible through various practices and by learning to trust your gut feelings. It's a skill that can be

honed over time to improve decision-making and problem-solving abilities.

Influence Others by How You Project Yourself

The secret of pleasant and magnetic people is that they are acting their roles. Simply that, as much as you are acting yours right now. They just have a different script. We can all act a different role at will, and others will automatically react to our signals as much as we automatically react to theirs. We must learn to choose when to go with the flow and when to redirect it, depending on what level of vibration we are in. So that instead of merely reacting, we are choosing our responses and creating others'.

People need leaders to impulse them into taking action. Let go of the fear of approaching others and asking for what you want. Confidence is the essential trait of a human magnet. Don't worry about other people's opinion and do not be needing their approval in order to act. People like those who can make decisions for them. It does not matter if the decision fails to produce the desired results. What matters is that the person takes risks and moves forward fearlessly. Release your own resistance to acting.

There is nothing more contagious than enthusiasm and a passion for life, a project or a purpose. A motivated and enthusiastic person can convince others to do almost anything. This is one of the secrets of the super salesperson. We love to be around passionate and enthusiastic people because they lift our emotional vibration and state of consciousness. Enthusiasm is energy transfer. Such a person can make a company prosper or turn a losing team into champions simply by spreading his enthusiasm.

Always Intend for The Best to Maximize Success

Mastery is the ultimate aim of all endeavors. It is at the point where your fullest potential in a particular area has been expressed. Mastery is the final step after you have attained a certain level of proficiency in doing anything. There are many proficient players but yet only some are masters. The reason is because mastery is only attained by those who are intent on reaching that level. If you truly want to be a master, you have to ask yourself why only be good or even great? Ask yourself why not be the best? In order to be the best and to achieve the best, you have to intend for the best. Masters don't seek to win now and then whenever it happens. Masters seek to win at every moment that they intend to. When you know that you can create the kind of success that you want when you want to, you will have an unshakable feeling of confidence to win every time. It is about winning by

being a winner instead of winning in order to be a winner. When you're capable of intentional victory, you have already won each time.

Water always reaches its own level, the same goes with intent. People reach where they are according to their level of intent. Some people wish to experience success one time, and that's what they get. Other people wish to experience success more of the time and that's what they get. If you want maximum results, you have to intend for the best results every time. This time you may have gotten the best results, but the next time you want to get the best results again. Your intention never drops its level.

Compacting and Releasing Energy for Magical Intent

Energy, it's all about energy. All matter is made up of condensed energy. When you do magic, you are tapping into the energy field. The trick is in thinking as a consciousness, not as a physical being. To let ones thoughts become energy themselves, and then to expel that energy out into the astral. Once your "spell" is cast into the energy field, the idea is for it to affect probabilities and chance, in your favor. It does this by the quickest and most direct manner. The key part is to produce and cast out enough energy to get the results you want.

The energy must be compacted to a certain intensity and infused with intent, and then released through an action that is visualized and energetically felt with or without an

accompanying physical gesture. This forms and releases your intent into the universe as a separate entity from you through a strong thought form, will-ball, psi-ball, psi-beam or psi-blast. When you focus your intent and release it as a thought/energy form that is a separate entity from you, you also find it easier to let go of it. It remains connected to you but it is free to be put out of your conscious mind as an activated vibration to do what it is intended to do.

You create primarily by thought and not by action. Actions are merely to facilitate the manifestation of thought. When you put more thought-energy into something, more things happen without any physical action taken on your part, or your actions will lead to greater results, or you will be caused to take better actions in accomplishing your objectives. Focus your power on creating by thought and your goals will be reached much more effectively. The greater the thought-energy, the stronger the spell.

Etheric Pull on Present from Perceived Future

The etheric realm is a mirror of the physical universe even in the area of time. Unlike physical time, the flow of time in the etheric realm runs backwards. It is like anti-time that runs backwards from the future to meet with physical time in the present. The etheric realm deals with probabilities in the form of probable futures that run backwards in time to pull our physical present universe towards them. The stronger the pull of a particular

probable future, the more our physical present would be directed towards it.

It is the point of choice that creates probable future universes. A choice is an alternative. The moment the condition of choice occurs; the time stream is split into two or more separate time streams. Each probable future universe communicates with our physical present through emotion. The stronger a probable future is, the stronger we feel the pull towards choosing it. This can be good if it is the future we want. But in cases where it isn't so, we need to use will power to choose a different probable future.

When we deliberately think upon a desired probable future, we put in energy and thereby making it stronger. Soon, the pull towards it becomes the strongest, and by law of attraction our present physical universe would be pulled in its direction. That is why to be a conscious creator of our reality is to create deliberately. It is not enough to choose positive thoughts and feelings. We must also choose them in the face of conflicting signs and contradictory circumstances. Such is the power of willful intentions.

Suggestion and Its Effect upon Everything you Do

The word suggestion is derived from the Latin "suggestus" which base word is "suggero" meaning "to carry under." A suggestion is a thought, idea or impression that is carried under the attention of the

conscious mind and into the inner consciousness of a person. Suggestion is mental influence which effect is "to creep in." Suggestion usually operates as an authoritative statement, repeated as often as possible, without proof and avoiding argument.

Experts on insanity frequently become insane. Writers upon certain forms of disease are often affected by their own statements, constantly repeated. Salesman become impressed with certain tales told about their particular goods, and if they happen to change employers, they find the old suggestions are very hard to overcome. That which we constantly repeat to ourselves tends to become a fixed impression in our minds, difficult to eradicate and often influencing us to a great extent.

Since the subconscious mind acts on suggestions, always suggest that which you desire and not the opposite. Encourage the positives and the negatives will die away. Cultivate the desirable tendencies and the undesirable ones will die for want of nourishment. Place bright, strong, positive images in your mind and the minds of others, and avoid those of the opposite kind. Turn all suggestions to your advantage by ignoring the negative ones and asserting the positive ones instead.

why young are in need to study history?

Studying history is valuable for a variety of reasons, and it plays a crucial role in our education and understanding of the world. Here are several reasons why studying history is important:

1. Understanding the Past: History helps us understand how the world, societies, and cultures have evolved over time. It provides context for the present and allows us to see how the past has shaped the present.

2. Learning from Mistakes: History is full of examples of both successes and failures. By studying historical events, we can learn from the mistakes and successes of our ancestors, enabling us to make better decisions in the present and future.

3. Cultural Awareness: Studying history helps us understand the diversity of cultures and the values and traditions that have shaped different societies. This fosters cultural awareness, tolerance, and respect for different ways of life.

4. Critical Thinking: Historical analysis requires critical thinking skills. It encourages us to evaluate evidence, consider multiple perspectives, and draw our own conclusions based on facts and logic.

5. Making Informed Decisions: Knowledge of history provides us with insights into the consequences of different decisions and policies. This knowledge is crucial for making informed choices in politics, economics, and other aspects of life.

6. Social and Political Change: History is often the study of social and political change. Understanding how

societies have transformed over time can shed light on contemporary social issues and political movements.

7. Preserving Cultural Heritage: History helps in preserving cultural heritage. It ensures that traditions, artifacts, and historical sites are protected and celebrated for future generations.

8. Identity and Heritage: For individuals, studying history can provide a sense of identity and connection to one's roots. It helps people understand their personal and cultural heritage.

9. Inspiration and Role Models: History is filled with inspiring stories of individuals who overcame challenges, made significant contributions, and left a positive impact on the world. These stories can serve as role models and a source of inspiration.

10. Avoiding Repetition: The famous adage, "Those who do not learn history are doomed to repeat it," highlights the importance of studying history to avoid repeating past mistakes, conflicts, and injustices.

11. International Relations: History is essential in the field of international relations. Understanding the history of different countries and regions is critical for diplomacy, negotiation, and cooperation on the global stage.

12. Economic Insights: Economic history provides insights into the development of economies, trade, and

financial systems. It helps economists and policymakers make informed decisions.

In summary, the study of history is not merely an academic pursuit but a means of understanding the world, making informed decisions, and appreciating the complexities of human societies and cultures. It offers valuable insights into the past, which in turn can shape a more enlightened and responsible future.

What are some of the most awesome psychological facts?

Here are some of the most awesome psychological facts that I find intriguing:

1. People are more likely to take risks when they feel they have nothing to lose. This is known as the **"house money effect."**
2. The human brain is wired to **pay more attention to negative information than positive information.** This is known as the "negativity bias."
3. People tend to **overestimate the likelihood of rare events**, such as a plane crash, because they are more memorable and salient.
4. People are more **likely to take action** when they feel a sense of urgency, which is why deadlines are so effective.

5. People are more likely to follow through with a plan or decision if they have made a public commitment to it, such as telling others about it.
6. People tend to be more creative and open-minded when they are in a relaxed and playful state of mind, rather than a serious and focused one.
7. People tend to have a "status quo bias," which means they are more likely to stick with the current situation, even if a new option would be better.
8. People tend to be more successful and happy when they have a strong sense of purpose and meaning in their lives.

Some Greatest Psychological Facts Everyone Should Believe

1. People who are more prone to feelings of guilt are better at recognizing other people's emotions.
2. People are more likely to remember and notice negative information than positive information.
3. People are more likely to neglect or twist the evidence in our favor just to prove to ourselves that we are right.
4. We generally perceive food prepared by others as tastier than the food we prepare ourselves.

5. If you work in a blue room, your productivity can increase significantly.
6. We regularly try to see faces in objects where there are none.

Some Manipulative Psychological Tricks

- If you want someone to get nervous, look at their forehead.
- When you are in a group and notice that someone is making fun of you, look in their face and smile a little, they will feel scared.
- Whisper something to someone and 9/10 times they'll whisper back.
- If you want someone to tell the truth, make them laugh before questioning.
- If you think someone is lying look them in their eyes and don't say anything.
- If u tell someone to stare into your eyes, it's now harder for them to remember anything without looking away.

Some Deep Truth You Must Learn Now or Never

1. Everyone is insecure about something. It's not just you.

2. You will never be 100% sure about decisions you made. But always make a decision because it's better to go back and fix it than to never make it at all.

3. There is always someone better than you. So there's no point to compare.

4. There's nothing in life you can really control except your own thoughts and actions. So always hope for the best and prepare for the worst.

5. Nothing lasts forever. Things change, people change. And YOU can change anytime too.

6. Life is not a fairy tale. That's why it's always exciting and you'll never be bored.

7. Hard work doesn't guarantee success. But that's what makes it challenging.

Some Psychological Things That Make You Likeable Person

1. Not giving in to every favor asked of you
2. Not acting to please others
3. When you look and actually are comfortable in being alone.
4. When you're not defensive all the time
5. A positive attitude makes you addicting.
6. Humor!
7. Reliability: God knows how we lack this aspect in our personalities.

10 Signs that you are mentally well settle

Being mentally well and settled is a positive state of mind. Here are ten signs that you may be mentally well-settled:

1. Emotional balance: You can handle a range of emotions without being overwhelmed.

2. Positive outlook: You tend to focus on the good aspects of life.

3. Resilience: You can bounce back from challenges and setbacks.

4. Healthy relationships: You maintain satisfying and supportive connections with others.

5. Self-care: You prioritize your mental and physical well-being.

6. Effective stress management: You can cope with stress in healthy ways.

7. Clarity of thought: You can think clearly and make decisions.

8. Productivity: You can accomplish your goals and tasks effectively.

9. Acceptance: You have self-acceptance and acceptance of others.

10. Enjoyment of life: You find joy and fulfillment in various aspects of your life.

Remember that mental well-being is a journey, and it's normal to have ups and downs. Seeking support when needed and practicing self-care are important steps in maintaining mental wellness.

What are the few things we should know about them?

1. Investing in a woman you're not married to is a waste of energy and money.
2. If you find someone smarter than you, work with them, don't compete.
3. Life is all about being intentional and proactive in our choices. The cure for a man's depression?? Focus on your purpose and stay busy.
4. The person who carefully designs their daily routine goes further than the person that negotiates with themselves everyday.
5. Stop complaining at every slight inconvenience. Do what have to be done. Be happy regardless.

10 Habits That Can Contribute To Success In Life

Success can be subjective, but there are common habits that many successful people tend to cultivate. Here are 10 habits that can contribute to success in life:

1. Goal Setting:

Successful individuals set clear, specific, and achievable goals, providing direction and motivation.

2. Time Management:

They manage their time effectively, prioritize tasks, and avoid procrastination.

3. Continuous Learning:

Lifelong learning is a hallmark of success. They constantly seek knowledge and skills to adapt and grow.

4. Resilience:

The ability to bounce back from setbacks and persevere in the face of challenges is crucial for success.

5. Networking:

Building and maintaining a strong professional network can open doors to opportunities and support.

6. Self-Discipline:

Successful people have the discipline to stay focused on their goals, even when distractions are tempting.

7. Adaptability:

They are flexible and open to change, which is important in our rapidly evolving world.

8. Positive Mindset:

Maintaining a positive attitude and resilience in the face of adversity can help overcome obstacles.

9. Health and Wellness:

Taking care of physical and mental health is essential for maintaining the energy and focus needed for success.

10. Financial Management:

Successful individuals often manage their finances wisely, including budgeting, saving, and investing for the future.

Remember that success is a personal journey, and these habits can be tailored to one's own aspirations and values.

What is the one piece of advice you would give to anyone?

1. When you're winning keep your mouth shut.
2. Don't tell people your plans. Wait till the results speak for themselves.
3. Never expect to get what you give. Not everyone has a heart of flesh.
4. Every day you wake up, you have a new job… to be better than yesterday.
5. You will never get what you want until you are grateful for what you have.
6. Sometimes what you're trying to hold onto is exactly what you should let go.
7. If you want to buy things without looking at the price, work without looking at the clock.
8. God puts people in your life for a reason, and removes them from your life for a better reason.
9. The devil wouldn't be attacking you so hard if there wasn't something valuable in you. Thieves don't break into empty houses.
10. You're going to piss a lot of people off when you start doing what's best for you.
11. You will lose a lot of friends when you get really serious about your life goals.
12. Life does not get EASIER. You just get STRONGER.

What are the secrets of a healthy life so that one can live about 110 years old?

Living to 110 years old or beyond is an extraordinary achievement that very few people accomplish. However, researchers have been studying long-lived populations and centenarians to try and understand what habits, behaviors, and lifestyle factors may contribute to exceptional longevity. While genetics do play a role in lifespan, lifestyle and environmental factors account for an estimated 30-40% of a person's age. Adopting strategies that long-lived populations tend to follow may improve one's chances of living to 110 or becoming a centenarian.

One of the most important secrets is maintaining a healthy body weight and being physically active. Carrying extra pounds is a risk factor for many age-related diseases like cancer, heart disease, diabetes, and more. It's recommended to engage in some type of regular exercise, even if just going for daily walks. Studying long-lived populations has shown that physical activity, especially activities that engage multiple muscle groups and increase breathing rate, may significantly improve chances of living longer when done regularly starting at a young age. Aim for at least 30 minutes per day of exercise like walking, dancing, biking, calisthenics, gardening, or other aerobic and strength-building activities.

Similarly, watching one's diet and eating for longevity is another important secret. A low-glycemic, plant-heavy diet with moderate protein and healthy fats tends to be

what long-lived populations follow. This means emphasizing whole grains, legumes, fruits and vegetables, nuts and seeds, along with grass-fed animal products in moderation. Limiting red meat, processed foods, refined carbs, and sugar is best. Meal timing may also impact longevity - some research suggests eating dinner earlier and stopping eating 2-3 hours before bedtime. Eating a moderate calorie intake tailored to one's individual needs also helps maintain a favorable weight and metabolism.

Stress management and relaxation are vital secrets as well. Chronic stress takes a significant physical and mental toll that accelerates the aging process. Making time for relaxation, setting boundaries, and using techniques like meditation, prayer, yoga, tai chi, or deep breathing can help control stress levels. A strong social support system and feeling connected to others through relationship also protects mental and physical health, both of which impact lifespan. Staying socially and intellectually engaged in older age may support brain health too.

Another longevity secret is avoiding tobacco and alcohol intake. Smoking cigarettes is directly linked to cancer, heart and lung disease, while heavy alcohol use over time damages organs like the liver, heart and brain. Both smoking and excess alcohol can cut years off one's lifespan. For those who drink, limiting to a glass or two per day for women or up to one drink for men also have a significant risk. Not drinking or smoking at all is healthier.

Maintaining cognitive function and mental sharpness is vital too. Activities that engage the mind like reading, learning a musical instrument or new language, socializing, puzzle solving and continuous learning help keep the brain active over the lifespan. Good sleep hygiene and rest is another longevity secret, as both the quantity and quality of sleep impacts physical health, weight regulation, brain function and lifespan. Adults need 7-9 hours of quality, restorative sleep per night.

Lastly, embracing preventative healthcare and wellness is important. This includes things like annual checkups with your primary care doctor, cancer screenings recommended for age and sex, immunizations, as well as monitoring health markers like blood pressure, cholesterol and blood glucose. Catching any conditions early and partnering with your healthcare providers to optimally manage preexisting issues can help maximize well-being and longevity. Other factors that may offer late life benefits include antioxidants from food sources, physical childhoods, nurturing personalities and living with purpose.

Making positive lifestyle changes across multiple domains of health including diet, exercise, stress management, social connection, brain health, healthcare and avoiding tobacco/excess alcohol provides synergistic benefits that can tip the odds significantly in favor of living to 110 years or beyond. Adopting the habits of long-lived populations may translate to adding healthy years to one's lifespan. At the same time, longevity takes a combination of nature and nurture, so focusing one's efforts on well-being,

relationships and meaning can help optimize whatever their maximum life potential happens to be.

Some dangerous psychological tricks

1. According to psychologists, one of the first warning signs in any relationship, is that if someone spends too much time talking only about themselves and not about you, they're possibly narcissists—only loving themselves and not you. Staying with them any longer may just degenerate into further grief on your part.
2. If you are ever caught up in a robbery and found yourself in the thick of it, don't ever try to panic or look shocked or terrified. Robbers think you're more risky and unpredictable when you look shocked. Instead try to stay calm and answer questions calmly. They'll think you're not a threat, and instead they'll concentrate on the other victims. Don't struggle with them, but look for opportunities to alert the authorities without raising suspicion.
3. One of the key traits of a killer is that the person remains silent and cold most of the time, does not respond to any kind of joke or tickling, or humor, and prefers to remain introverted even when there's excitement all around. When a person does not respond to humor or light-heartedness, this means they probably have no feelings. Psychologists tell us that anyone who

has suffered trauma as a child through physical or emotional abuse, may be harboring hate, and are constantly looking for an opportunity for revenge on others.

4. You can easily tell whether your partner is still in love with their ex if they often call their name loudly during a dream, or when they often have a 'slip-of-the-tongue' and mention their name during a conversation. This is a sign that your partner is constantly thinking about his or her ex and tables may turn against your favor if these emotions don't stop. This means your partner is still emotionally and subconsciously attached to his or her ex.
5. If you want to date a beautiful girl you've just seen, acting like someone else you're not in order to get her is never a good idea. You won't be able to keep up the act for long, and you'll lose the girl if you lie to her. You also won't feel very good about yourself. But don't worry: you can still use a clever mind trick to get her: First, you need to be yourself. Without losing your confidence, ask her to give you one moment, alone. Tell her you have something very important to discuss with her. If she agrees, introduce yourself and tell her: "I found you so attractive I didn't know how else to tell you in a crowd." Don't ask her out the first time. Doing this can make her feel pressured and nervous; she'll be more than likely to turn you down. Don't ask for her phone number. Instead, just ask, "Is it alright if I contact you sometime?"

6. Asking important people for their phone numbers without giving them anything in return is considered a little rude. Instead, introduce yourself and find something they might be interested in and say: "I have something very important to discuss with you which you might be interested in, but we can't discuss it here. Perhaps, I can call you sometime for further discussion, but I don't have your phone number." Even if you haven't got anything to say, it's time to do your research and find out what they might be interested in, what they like, where they hang out, whom they hang out with, etc...
7. Bosses can be intimidating at times. Not to you if you learn this trick: Just summon your guts and sit right next to them, or right in front of them. Don't shift your eyes restlessly when they look at you. Instead look them right back and give them a large smile. This will corner the boss into thinking that perhaps, you have something up your sleeve. Show a lot of confidence when doing this. If the boss had something ill-intended against you, they'll perhaps change their mind. Even if they don't change their minds, they'll respect you.
8. Has someone been following or stalking you? After rounding a street corner, turn back abruptly, face them and wink at them. Be careful if they're armed and dangerous. If they're armed and dangerous, just take off and run as

fast as you can to the nearest police station, or enter a shop and call the police.

9. The thought of feeling respected, great, and important is by far the strongest human feeling. In fact, humans are so selfish that they can go all the way and purchase these qualities with money, or whichever means possible. However, earning respect, greatness, or importance is far easier than you think if you use this trick: If you want people to respect you immediately, just shower them with genuine compliments even when they haven't really earned it. They're more than likely to return the favor, due to the "reciprocity effect". Instinctively, they'll feel indebted to respect and honor you back. This is no fluke. For example, Mike Tyson used to give out presents, sometimes even brand new cars to total strangers, who only showered him with complements about his conquests or one of his extravagant toys.

Stress Management

Stress, burnout, and physical exhaustion have become a way of life for many people. In our fast-paced, demanding world, it's essential to find effective ways to manage and reduce stress to maintain both your physical and emotional health.

The ways stress manifests can often be traced back to our habits, thought patterns, and feelings. However, there are cognitive behavioral techniques that can help

you regain control over your stress levels and improve your overall well-being.

1. Be Organized: One of the primary sources of stress is disorganization. It's frustrating when you can't find the project, list, or information you need to work on. Being organized is a key to managing this stress. Develop a system that works for you, whether it's a digital task manager, a physical planner, or a combination of both. Keep your workspace tidy and labelled to minimize the time spent searching for essential items.
2. Prioritize Tasks: Not all tasks are created equal. Making a list of what you want to accomplish is a great start, but it's equally crucial to prioritize these tasks. Focus on completing the most important ones first. This way, even if you don't get through your entire to-do list, you'll have tackled the tasks that matter most.
3. Flexible Scheduling: Life is unpredictable, and rigidity can breed stress. Allow for interruptions and changes in your schedule. If you've planned every minute of your day, unexpected interruptions can leave you frazzled. Instead, create a flexible schedule that can accommodate unforeseen events and still help you achieve your goals.
4. Manage Expectations: Stress often arises from unrealistic expectations. Understand that you're not superhuman, and you can't complete three

days' worth of work in a single day. Avoid procrastination and don't pile up work until the last minute. Setting realistic expectations for yourself and others can reduce the pressure you put on yourself.

5. Take Regular Breaks: Taking short breaks during the day can work wonders for your stress levels. It's like shifting gears, allowing your mind to rest for a few minutes while you do something enjoyable, not just work-related. Stepping away from your tasks, even for a brief moment, can help you return with a clearer mind and increased focus.
6. Physical Activity: Incorporate exercise into your daily routine. Even a short walk can make a significant difference. Physical activity not only helps to burn off stress but also triggers the release of endorphins, which are natural mood lifters. Find an exercise routine that you enjoy and can stick to.
7. Relaxation Time: After a long, stressful day, make sure to allocate time for relaxation. Engage in hobbies or activities that you enjoy and that help reduce your stress. Whether it's reading, gardening, or pursuing a creative passion, find time for activities that help you unwind.
8. Stress is an inevitable part of life, but how you manage it can significantly impact your overall well-being. Cognitive behavioral techniques are powerful tools to help you identify and change

thought patterns and behaviors that contribute to stress. By incorporating these techniques into your daily life, you can regain control over stress and lead a calmer, more relaxed, and healthier life.

In summary, being organized, prioritizing tasks, accommodating interruptions, managing expectations, taking regular breaks, engaging in physical activity, and finding relaxation time are essential components of a comprehensive stress management plan. By implementing these cognitive behavioural techniques, you can develop effective strategies to handle stress and prevent it from overwhelming your life. Remember, stress management is a journey, and these techniques can help you find a more balanced and relaxed path in the midst of life's demands.

Creating what You Want with External Intention

In order for external intention to appear, it is necessary to realize that you can control the script. Awareness is a vital condition, if you want to make external intention work for you. Your ability to control reality is directly proportional to your awareness. In a dream, the level of your awareness is low and that is why a dream is something that “happens” to you. If you however realize that you are sleeping, the entire situation gets under your control. You can do whatever you want. External intention is lucid living.

Intention does not believe nor does it wish for, it simply acts. Energy is not a thing! It is a movement, a motion. Energy is an action. In doing reality surfing, you are choosing your experience. Consider the probabilities and choose the one you want. Visualize the process towards the goal. What you believe is where your energy is being directed at. Intention is action. Intention is that which directs energy and programs it. When you send an intent, you are moving energy out to act on what you want.

How do you get a basketball to land into a hoop when you throw it? You do it with your intent. Let your intent be one with your whole being and your actions. When you focus properly, it will happen. Your intent is the direction of energy. In soccer, internal intention is when you intend to kick the ball and whether it gets into the goal or not is not the main concern. External intention is when you intend for the ball to fly into the goal. This is a powerful difference. External intention is what makes things happen.

10 Unknown social rules everyone should know

1. Don't call someone more than twice continuously. If they don't pick up your call that mean they have something more important to attend to.

2. When someone drops something on the floor by mistake or drops food from the plate or doesn't know how to use a knife/fork don't stare at them. The same

goes to people sneezing, coughing or even an uncontrollable fart. It's an involuntary reaction.

3. Always skip using the washroom beside the occupied one. It makes it uneasy for the person in the occupied washroom as well as yourself if you occupy the one right next to theirs.

4. If you're talking to someone and notice any of the following, they're trying to end the conversation:

- Their eyes keep darting away.
- They angle their body away from you.
- They give you rapid one-word answers.

5. When someone you know has an obvious change in appearance, e.g., weight gain/loss, bald spot, acne. never comment on it until they talk about it to you, they already know what is happened to them.

6. If a colleague tells you they have a doctors appointment, don't ask what it's for, just say hope you're ok. If they want to talk about it they will and you don't put them in the uncomfortable position of having to tell you their personal illness.

7. Treat the cleaner with the same respect as the CEO. Nobody is impressed at how rudely you can treat someone below you but people will notice if you treat them with respect.

8. Do not make plans in front of those you are not involving.

9. When meeting someone after a long time, unless they want to talk about it, don’t ask them their age and salary.

10. When a friend/colleague offers you some food, you can politely say No. But, don’t do this after tasting or smelling it. It’s an insult to the one who has offered it to you.

What are the best and most useful "life hacks" you know and use?

1. Smile

That's an obvious attractive feature for men. A smile is something that can catch any male's attraction. This woman looks more open and ready to flirt.

- - Have a "No Complaints Day" once a week to help you be more grateful and positive. By avoiding complaints, criticisms, and other negative thoughts, a person can develop a more upbeat attitude and maybe even get others to do the same.
- - Use the "2-Minute Rule" to get more done and stop putting things off. If a job can be done in less than two minutes, do it right away. Whether it's answering an email, washing the dishes, or making a note, doing small things can help you get your life in order.
- - Make it a habit to "actively listen" to people to strengthen ties. Focus on what the other person is saying instead of trying to think of what to

say back while they are still talking. This kind of full participation can lead to more meaningful relationships and show that you really care about other people.

- - Add a "worry time" to your daily schedule to help you deal with stress and anxiety. Setting aside a certain amount of time, like 10 minutes at night, to write down or think about worries and fears can keep them from taking over the whole day.
- - Use the "Pareto Principle" in your personal life by focusing on the 20% of tasks that bring 80% of your happiness or success. People can improve their overall happiness and satisfaction by figuring out what really means to them and spending more time doing those things.
- - Use the "10-10-10 Rule" to help you make decisions and gain some perspective. Think about how you'll feel about a decision in 10 minutes, 10 months, and 10 years. This way of thinking can help people make better choices that are in line with their own goals and values.
- - Make the "Five-Minute Favor" a habit to help people feel more connected and kind. Small acts of help, like helping someone carry their groceries or giving them useful information, can improve relationships and make the world a more caring place.
- - Use a "Mindfulness Bell" to remind yourself to be present and aware throughout the day. By picking a common sound, like a phone ringing or a door closing, as a reminder to take a deep

breath and center oneself, a person can create little moments of mindfulness that add up to a more peaceful life.

What is the harsh truth of life?

1. People will judge you anyway, whether you are doing good or bad. So, don't get mad when they have opinions. It shouldn't bother you anyway because they are just doing their job.

2. People treat you exactly how they feel about you. Be blind if you want to.

3. You learn a lot about a person, when you see how they treat you, when you are not on good terms.

4. Healing yourself can be offensive to people that benefitted from your brokenness.

5. Don't make the mistake of thinking that you are special and that they won't treat you the way they treat other people. That's misconception. They are showing you how they really **act on purpose**. It's up to you to catch the red flags before you get caught in all of them.

6. Toxic people will do you dirty, then try to convince people, It's you!

7. Sometimes the most poisonous people come disguised as **best friends**.

8. **Normalize letting people go**, when it's no longer healthy, because not everything is worth fighting for.

What is a good piece of random advice?

1. I don't care how angry you are. But never attack someone with **personal stuff** that they **trusted you with** and told you **when you were on good terms.**
2. Loyalty isn't difficult. Some people are just **immature**.
3. Being able to recognize and eliminate your **own toxicity** is important.
4. The one who defended you in secrecy but not in public, has not defended you at all.
5. The reality is that **none of us are easy to be with.** We all suffer from something.
6. Mind your own business, unless it involves you **directly**. Just stay out of it.
7. Sometimes we regret opening up to some people, because they didn't deserve to know us like that.

8 Uncomfortable truths about being a man

1. You lose 99% of your close friends if you start upgrading your life.
2. You become more mature when you train yourself to take nothing personally.
3. A salary is the drug your employer gives you to forget your dreams.
4. If you continue to wait for the "right time", you'll waste your entire life and nothing will happen.
5. Even when you trust your close friends and family, let them know nothing about you.
6. The highest example of truth and falsehood exists in politics, so try to differentiate between truth and falsehood in politics because false politics is only a headache; it does not benefit the world inclusively, and it does not benefit the hereafter at all.
7. You'll be 10x happier if you forgive your parents and stop blaming them for your problems.
8. Train yourself to let people win arguments on purpose to conserve your mental health.

Be a Vigilant Viewer of Media

To become a more informed and discerning TV viewer and protect yourself from manipulation of facts by TV channels, consider the following tips:

1. Diversify Your Sources:

Watch and read news from a variety of sources with different perspectives. Avoid relying solely on one

channel or outlet for your information. This helps you gain a more balanced understanding of the issues.

2. Fact-Check:

Verify the information you come across by cross-referencing with credible sources. Fact-checking websites like Snopes, FactCheck.org, and PolitiFact can help you determine the accuracy of news stories and claims.

3. Critical Thinking:

Approach news content critically. Ask questions about the source, the evidence presented, and the context in which the information is presented. Consider the agenda and biases of the channel.

4. Be Skeptical of Sensationalism:

Be cautious of news that is overly sensationalized, emotional, or designed to provoke a strong reaction. This can be a sign of biased reporting.

5. Understand Media Bias:

Recognize that media outlets can have biases, and it's important to understand their leanings. Try to choose sources that are known for their balanced and objective reporting.

6. Check for Primary Sources:

Whenever possible, go to primary sources like official statements, documents, and interviews. This can help you get closer to the unfiltered truth.

7. Follow Reliable Journalists:

Identify and follow journalists and reporters who are known for their integrity and objectivity. Their reporting can often be a more reliable source of information.

8. Watch Documentaries and Investigative Reports:

Consider watching documentaries and investigative reports that provide in-depth analysis and multiple perspectives on complex issues.

9. Media Literacy Education:

Invest in media literacy education, either through formal courses or online resources. This will help you develop critical thinking skills and a deeper understanding of how media works.

10. Avoid Echo Chambers:

Engage in discussions with people who have diverse viewpoints. This can help you gain a broader perspective and reduce the risk of falling into an "echo chamber."

11. Stay Informed About Media Ownership:

Be aware of who owns the TV channels and media organizations. Ownership can influence editorial decisions and bias.

12. Pay Attention to Language and Framing:

Analyze the language used in news reports. Pay attention to how stories are framed and presented, as framing can influence how information is perceived.

13. Be Mindful of Emotional Manipulation:

Be cautious of content that is designed to evoke strong emotions without providing substantial evidence or context.

By following these tips, you can become a more informed and critical TV viewer, reducing the risk of being manipulated by TV channels and making more well-informed decisions.

Read More Below…

Both mainstream media and social media platforms can inadvertently spread fake news and misinformation, and these issues can influence people's beliefs. Here's how this can happen and some strategies to address these challenges:

Mainstream Media:

1. Sensationalism: In an attempt to attract more viewers or readers, mainstream media may emphasize sensational or attention-grabbing aspects of a story, potentially exaggerating certain elements.

2. Editorial Bias: Editorial decisions, such as the choice of headlines, images, and the framing of stories, can introduce bias, shaping how the audience perceives the news.

3. Errors and Misreporting: Mistakes can occur in the rush to publish news, leading to inaccuracies. These errors can be unintentional but still lead to misinformation.

4. Confirmation Bias: Mainstream media outlets might cater to the biases of their target audience, reinforcing preexisting beliefs.

Social Media:

1. Ease of Sharing: Information on social media spreads rapidly due to the ease of sharing. False or sensational content can go viral quickly.

2. Filter Bubbles and Echo Chambers: Social media algorithms may show users content that aligns with their existing beliefs, creating filter bubbles where users are exposed to limited perspectives.

3. Bots and Trolls: Automated bots and trolls can amplify misinformation, making it appear more widespread and credible.

4. User-Generated Content: Content generated by users can be unreliable, and deepfakes or manipulated images and videos can deceive the audience.

How to Address These Issues:

1. Media Literacy Education: Promote media literacy programs to teach individuals critical thinking skills, helping them evaluate and verify information from various sources.

2. Fact-Checking: Encourage the use of fact-checking organizations and websites to verify the accuracy of news stories and claims.

3. Diverse Sources: Encourage individuals to seek information from a variety of sources with different perspectives to gain a more balanced view.

4. Transparency: Mainstream media can be more transparent about their editorial processes and corrections. Social media platforms can be more transparent about content algorithms.

5. Report False Content: Encourage users to report false or misleading content on social media platforms, helping to reduce its spread.

6. Media Literacy Campaigns: Launch public awareness campaigns on the importance of media literacy and responsible sharing.

7. Promote Critical Thinking: Encourage individuals to question the information they encounter and to be mindful of their own biases.

8. Regulation: Advocating for policies and regulations that promote transparency, accuracy, and accountability in both mainstream and social media.

9. Peer Review: Encourage peer review and critical discussions of information, especially on social media, to counter false claims.

10. Civic Engagement: Encourage individuals to engage in constructive dialogue and debate, and participate in efforts to improve media accountability.

Addressing the spread of fake news and misinformation is a complex challenge that requires a multi-pronged approach involving individuals, media organizations, and technology platforms. Media literacy and critical thinking skills are key tools in empowering individuals to navigate the information landscape responsibly.

07 Well-known psychological facts about human beings

1. Tearing the paper off drink bottles is a sign of sexual frustration.
2. Food made by someone else tastes better than your own cooking, despite having the same recipe.

3. Being alone for long periods of time is as bad as smoking
4. People who react quickly to silly questions or situations are more intelligent.
5. Women who have more men in their friends are cooler and live in a good mood.
6. Spread across their lifetime, most people spend an average of one whole year sitting on the toilet.
7. About 68% of the people are suffering from Phantom Vibration Syndrome. In this, we feel our phone vibrating while the phone is not vibrating.

Biggest advice based on common regrets

1. Do what you like because no one would really care that much.

2. Travel as often as possible because the world is too big for you to stay in your comfort zone for too long.

3. Treat yourself well because if you don't, no one would.

4. Always keep in touch with your real friends, and stay away from fake ones

5. Actively remove toxic people from your site and remember that you always have the choice.

6. Never settle for less than you deserve. You're greater than you think

7. Remind yourself it's much worse to stay with the wrong one than staying alone.

8. Life is a journey to be fully experienced and enjoyed. Just keep moving

What are some unwritten social rules everyone should know?

01. When playing games with children, let them win.

02. Compliment the meal when you're a guest in someone's home.

03. When someone treats you to lunch or dinner, don't order the most expensive dish in the menu. Also, treat them the next time.

04. Step outside to answer phone calls.

05. If someone shows you a photo on their phone, don't swipe left or right. If they want to show what's next, they'll do it.

06. If in a fight, hit first and hit hard.

07. If you're about to leave a bench, but if another person sits next to you; wait few extra minutes before leaving, so you don't hurt that person's feelings.

Self Acceptance-Freedom for Fearless Expression

You have to have the arrogance to do what you want to do. Behind every action that you make and every word that you say is the belief that "this is the truth". Do not believe in wrong actions. Believe that they are right ones because you are the one making them. Authenticity comes from the permission you give yourself to be a genius, to take something that is considered junk and proclaim "this is beautiful". Power comes from being yourself. You can never get it by recreating. You have to create. For something to be real, it has to come from within you. Do not fear mistakes. There are none. Act as if you just didn't have a care in the world!

You experience an absence of effort in the absence of caring. In the absence of fear and expectation, things become quite simple. In the inner space there are no conditions, no requirements. You just Are. You are making conscious contact, forming an informational highway, with the higher, or inner self. This is the spiritual connection that many speak of as the primary force in their actions. This is what is known as letting go of the Ego. You must surrender the need to be good, otherwise you can't really let go! You remember experiences not by how well you acted, but by how much you let go. Those are usually the best experiences anyway. When you let go you feel free as a bird.

The right shot at the right moment does not come because you do not let go of yourself. Do not wait for fulfillment, but brace yourself for failure. The harder you

try, the worse you do. When you take a chance, leave fear behind and go with the flow. You'll usually land on your feet. You can't plan your response or you'll lose the moment. It is an instantaneous thing that comes out of you. Without fear you are free to be real. Fear lurks in the mind. If you want to be free, master your mind. The reason why we procrastinate is not because of laziness, it is a sense of being overwhelmed. In fear we expect, with love we accept.

Developing and Trusting Your Psychic Abilities

Whenever you talk to another person, you are not just in verbal communication but also in telepathic communication with that person. Our mental energetic fields interact with one another on a subtle plane of reality while we are physically hearing each other's voices. It is amazing how some people can understand us perfect in few words while others can't seem to get us no matter how much we say. Conscious resonance is the reason why we understand each other. Like minds attract, unlike minds repel.

The psychic center of your being is in your brow chakra or third eye. It is the spot that is slight above the middle of your eyes. When you place your finger over it, you can feel a tingling concentration of feeling in that area. Access your third eye by defocusing. It is a state where you are not trying to look at anything, but you're simply staring blankly into space and letting your peripheral vision take over. It's like what you do when you're

daydreaming, and it is the natural that way your psychic perception works.

You will notice things around you take on a surreal quality, as if you're just a spectator. You will feel distanced from everything that's going on around you. This distancing effect is what you feel when you use your psychic senses. Images will come to your mind. Ideas and feelings may emerge in your consciousness. It is the inspired state of mind that writers use to express ideas and scientists use to solve problems. It is also how remote viewers receive psychic information about a location they've not been.

Gratitude Perpetuates Flow of Positive Things

Feeling gratitude for something attracts more of it. It is the nature of consciousness to attract towards that which offers it love. Everything in the universe is made up of consciousness. When you are grateful for something, you are loving it. To be grateful for is to appreciate. Love is appreciation. Love is attraction. The law of attraction is really the law of love. Therefore to attract more of those things you desire, you simply have to focus your consciousness of love towards them. Value and appreciate them.

It is when we give thanks for the things that we think are small, that we see significant effect. It is harder to see much change when we appreciate the bigger things since they change at a lower rate. You should appreciate big things but you should also appreciate the small

things. Big things have a lot more energy to sustain themselves than small things. When you give your attention to the small things, they can use your energy to result in a lot more difference. Every little increase adds up to a whole lot.

Appreciate the little and the little becomes a lot. Do not despise the day of small things. It is when something is little that it has more need for appreciation to grow. The beginning is the most important time when positive energy is needed for sustenance and growth. The emotion of appreciation is like sunshine on a seedling. You will see a lot more growth from a seedling than from a plant that has grown for some time. Do not give your love only to the big things, but give it abundantly to the little ones as well.

Achieve Success by Going straight for your Dreams

If you look at all the business opportunities that are available to everyone, there is really no reason for anyone to be poor. The reason why so many people experience lack in a world that is so abundant and full of opportunities is because, they were sold on the idea that if they do what the advertiser said they will make money. So the motivation behind the individual is not to provide a service but to make money, and also because the advertiser claims that it is very easy.

You are here to do God's work. It is that which brings you joy. When you simply do what you came here to do, manifesting miracles will be a byproduct. You will draw

to you everything you need or desire to give you fullest expression of your joy. You are a child of the creator and therefore you deserve to have all your desires fulfilled. When you do God's work, everything that you really want will be brought into your life without struggle or effort.

When you finally decide to work on your life's purpose, you will find yourself busier than you ever were before. You will be constantly motivated, passionate about doing what you are inspired to do. The energy, the creativity, the resources and the ideas will keep flowing. You will just be so busy doing the work you feel you have to do because of this dream and vision that you have about what you can create in this world.

Healing by Making Happy and Restoring Wholeness

To heal is to make happy. Think about how many opportunities you have had to gladden yourself, and how many you have refused. This is the same as having refused to heal yourself. The light that belongs to you is the light of joy. Radiance is not associated with sorrow. When you are not being wholly joyous yourself, you are depriving others of the joy of responding wholeheartedly. Hurt people hurt people. Only the healed can heal. The whole secret of healing is to receive joy so that you can emanate it.

Physical ailment is simply a manifestation of internal ailment. A problem has been accumulating on the inside long before it expresses itself in the external world. When you allow yourself to be healed internally at all times, you will never require physical healing. This is the secret of walking in divine health. Watch when you are feeling low and allow yourself to feel better from whatever sources or ways that you can. Let go and detach. Bring yourself to a place of emptiness and do whatever makes you happy.

Realize that you can really heal others by making them happy. Every word of affirmation that you say to them is a healing. Every gesture of appreciation you make to them is a healing. There is always much room for healing that others can benefit from in this realm. Say and do things to lift their spirits and brighten their day. In doing so, you bring them closer to their state of wholeness. You are a healer and you can heal anyone with your ability to make them happy. Emotionally support and restore souls.

Affecting Probable Outcomes with Your Mind

The true nature of time is that it is multidimensional. There are not one but many lanes of time running ahead from the present into the future. All future events are probable and you can affect which probable event

manifests with your mind. To do so, you only need to concentrate on the desired outcome of an event. Your mental energy would act to skew the probability of that event happening. This follows the principle of reality being altered to match expectation. By simply concentrating, you can create reality.

In quantum theory, any system may be described in terms a wave-function which is made up of a complex superposition of waves, the squared amplitude of each being related to the probability of an individual event occurring. The complete wave-function describes all possible outcomes of that system. Thus the wave-function of a coin-toss will describe the outcomes of heads or tails, with the amplitude of each being equal to the square-root of the fifty percent probability of either turning out as a head or a tail.

The problem is that this wave-function describes all the outcomes at once, whereas conscious experience tells us that we will observe only one outcome. This naturally led to the idea that conscious observation somehow affects the system, causing the wave-function to 'collapse' into one specific state, which the one we experience. This means that consciousness can actually choose, to some extent, which outcome actually occurs. This is a process which is very much like the concept of psychokinesis.

Present Reality is Manifestation of Past Thoughts

Present results are the effects of previous thoughts. In other words, when you look at the world today, you are actually looking at yourself as you were yesterday. The world at any present moment of now, reflects your thoughts and state of being before the present moment of now. Insanity is doing the same thing repeatedly and expecting a different result. If you want things to be different, you have to think and do things differently.

The present moment is what you have sent to yourself. The present is pre-sent by yourself in the past to be experienced in the now. It allows you to experience your past thoughts and to change them if you desire to. Be grateful for the present because it allows you to experience yourself. The reason why thoughts take time to manifest into the physical world is so that we are given the chance to reconsider our intentions and change them before they are experienced more tangibly by us and with others.

Physical reality is mental reality expressed. To express is to make known, to communicate and to present. You experience your thoughts first in the mental world which is your imagination, so that you may know which ones you truly intend to accept and work on. The thoughts that you have chosen with the will to be fully realized, becomes what you experience a second time as manifest reality. The physical world is designed to enable you to experience an idea and it's effects and consequences.

Have a Self Consciousness of Wealth and Abundance

Consciousness of having creates more for you to have but consciousness of lacking creates more lack. As long as you are thinking thoughts of what you have and what you desire to create, you are giving those things the energy to exist in the mental plane. The more energy you give with your focus, the more power they will have to manifest in your physical experience. Nothing may seem to happen yet but something is always happening without you seeing when you think about that which you want.

Think all the thoughts about wealth, success and abundance. Hold in your mind the mental pictures of the things you desire to have. If you continually think of prosperity, satisfaction and fulfillment, you will not fail to manifest such things. When you can think of something long enough, eventually it will become your reality. Most people give up thinking about what they want when they fail to get the results they expected. You might have done the same as well.

Continually feed your mind with words and images of wealth, success and abundance. Read anything that gives you hope and encouragement to pursue that which you believe in. Whatever you desire, keep looking for signs that tell you it is possible. Do not be disheartened by the signs that tell you it may not happen as you wish. As long as you keep your eyes on the prize and be as ready as

you can be for it, you will definitely get it when it is ready for you. That or something much better will happen.

Complete Manifestation Requires Full Alignment

Energy flows the easiest way, so give it a path by thinking and visualizing what you want. While you're doing that, if it's really what you want, you are going to feel good about it. When you feel good about something your words are naturally going to be good about it. When you speak well about something, the actions that follow from this flow of positive energy are unstoppable. This is the secret of inspired action. It results from having the first three in total alignment. It's natural action that's part of the flow.

Words have power. The very act of speaking an intention actually converts your thought energy into a more physical form as sound. You may think about what you desire and feel good about it, but then carelessly speak negative things unknowingly at times. The tongue is the rudder of your whole energy body. To be a master of manifesting, you must maintain awareness and conscious control of your tongue. It's always much better to keep silent than to say things that are counter productive to your intention.

The more you think, feel, speak and act rightly, the more successful the manifestation of your intention will be.

Complete manifestation requires full alignment of your total being. What you feel, speak and do begins with what you see in your mind. If your eye is single, your whole being is single. A double minded man is unstable in all ways. Let not such a person think he will receive anything he ask from the universe. Maintain your faith which is your inner vision on the end result and let your whole being align.

Synchronicity - Meaningful Coincidence in Life

Synchronicities reveal an organizing principle of the universe and our connection with higher order of consciousness. Synchronicity is an interface with an alternate dimension of reality. Quantum physics show that certain paired elementary particles retain instantaneous knowledge of changes made to one of the pairs, even when they are separated over great distances. This nonlocal effect is the connecting principle of all things. Synchronicity is the connecting principle between a person and an event. The secret of the world is the tie between the person and the event. The world within creates the world without. It is the law of attraction that governs fate.

Synchronicity takes the coincidence of events in time and space as meaning something more than mere chance, namely, a peculiar interdependence of objective events among themselves as well as with the subjective (psychic) states of the observer and observers. It depends

on, and even brings to light, the psyche of the observing subjects so that the individual's own psyche is mysteriously reflected in the objective material.

When seen in the context of other coincidences that came before and after it, a single event becomes the missing piece of a greater puzzle. All the synchronicities along the way line up to bring you to where you are meant to be. The greater image of our lives may be observed in its totality only when we see how each one of our coincidences joins together into a much larger, interrelated wholeness. Recognizing this big picture is an awesome and very often life changing experience, because it gives us a sense of direction and guidance we may never have suspected. It is a map of our own unfolding destiny.

Accessing Multiple Frequencies of Consciousness

Every emotional state we are in is a frequency of consciousness. Reality is created by consciousness, therefore our whole experience of reality is different in one state of emotional frequency compared with another. What we perceive and what is true in one emotional state of consciousness can be the opposite in another state. Trouble happens when we engage only one state of consciousness while ignoring the other states. Each of our emotional states contain an aspect of the whole truth of our being.

We are multidimensional beings with access to multiple frequencies of consciousness at once. What limits us is when we choose to experience only a particular emotion out of a particular situation while separating ourselves from other emotions. When a situation causes us to feel angry, we either choose only to feel the anger and forget the love that we have behind it, or we choose to think about the love and let the anger dissipate over time without engaging its purpose for being there. Both are mistakes.

When you gain the capability of accessing more than one frequency instead of being stuck in one, your perceptions and feelings are free to flow with the changes of reality. You are able to make a holistic decision from a place of opposing emotions without losing connection with any one. No particular emotion no matter how strong is able to obscure your view of the whole picture. That is when you have clarity and seeing things for what it is in every moment. You use all emotions without being enslaved by any.

Success depends on Well Concentrated Efforts

To succeed in business believe that it will be successful, assert that it is successful, and work like a beaver to make it so. Difficulties soon melt away before the courageous. One man of courage can fire with his spirit a whole army

of men, whether it be military or industrial, because courage, like cowardice, is contagious.

Concentration is sustained focus. You can concentrate better when your psychic energy is freed up for the task at hand. That means your mind is fresh for the task because you have resolved other things that needs to be settled.

A child instinctively but unconsciously knows when he needs help, he must be quiet and concentrate.

How can you get anything by merely wanting it? Through concentration you can get anything you want. Every desire can be gratified. But whether it is, will depend upon you concentrating to have that desire fulfilled. Power to him who power exerts.

Telepathic Communication between Two People

Telepathic communication consists of two directions, sending and receiving.

It depends on intention. Whether you have the intent to sense what the other person is thinking and feeling, or for the other person to pick up certain thoughts and feelings you are sending. It will be harder for others to sense your thoughts if you want to hide yourself from them. You psychically put up a shield to prevent them

from seeing your intentions. The same is also true when others do that.

It takes someone of a stronger mind and greater clarity of thinking to penetrate the psychic shields of others to see what they are thinking.

When two people are spiritually close, they trust each other and they have mutual empathy. Empathy is one of the key ingredients of telepathy.

Telepathy which is of the psychic level of the mind tends to operate beyond pure words and linguistics. It takes place in the form of feelings, images and desires. You may be able to receive telepathic communication from another person in the form of pure words. But usually it comes through a feeling, image or desire.

Use Mental Demand to Concentrate Your Desires

Concentration is the great secret of power. If you want to use your full amount of steam, you must close your valves and direct your power of generating mental steam toward one end. Center your mind on one purpose, one plan and one transaction at any one time. Just as it is impossible for a steam engine to run with all its valves open, so is it impossible for you to waste your energy and run at your top speed. The difference in

manifestation of power among men lies in the difference of their concentration.

Through concentration you can get anything you want. Every desire can be gratified. But whether it is, will depend upon you concentrating to have that desire fulfilled. When you focus on what you want in order to manifest it, you are concentrating your power towards it. The greatest manifestors are the ones with the greatest concentration. The most successful people are those with the greatest focus. Concentration in its intensity and duration is the key of all perseverance, diligence, patience and will power.

The mental demand is a strong declaration on what you want. That is when you are being fully intentional. Half hearted desires that are weakly concentrated upon create weak thought forms. Full hearted desires that are fully concentrated upon create strong thought forms. The difference in the strength of your many thought forms results in their corresponding significant or fleeting manifestations. In order to have anything significant, you must first have a strong mental demand for it to bring it into manifesting.

Having a Strong Spirit is Secret Key to Success

Another name for spirit is will because they are both one. You can train yourself in the use of your will to get a hold

of your mental throttle, so that you may pull it down and turn on a full head of steam when necessary. In other words, you may power up or power down whenever you need to. When you are able to access the powered up state, you will find that you are not any more tired when running under full pressure than when you are moving at a slow pace. This is the key to unlimited power in action.

The will may simply mean a firm, steadfastness of mind that is also known as determination of fixedness of purpose. But the will is also more than that. The will is actually a vital power, an acting force of the mind that is capable of dominating and ruling the other mental faculties as well as projecting itself outside the body and affecting others coming within its field of influence. The ability of the will to influence the external elements of a person's reality is also the force of spirit that dominates everyone else in it.

The will is closest to the "I" or Ego of the person. It is the Sword of Power clasped in the hand of the Ego. It is the force which with one rules his mental kingdom. It is the power by which his individuality manifests itself upon the outside world. To develop a strong will is to become a strong individual. You assert your individuality by exerting your will. You are the divine presence manifested in individual form and you are meant to assert your own self. Use the will or spirit and you will manifest power in your life.

Aliens and UFOs are Higher Dimensional Beings

In reports of alien technology, it is revealed that alien space ships contain controls that interface directly with the pilot's consciousness. It means that the craft is designed specially for the consciousness of the alien pilot and may not necessarily be suitable for another human to use it. An alien entity and its interstellar vehicle are one. These findings parallel esoteric teachings of creating a Merkabah which is mind generated chariot of fire for traveling in the invisible planes. Alien technology is spiritual in nature.

UFOs are transports that travel in the astral or mental plane of reality. People who have been inside a UFO for a ride have reported that they do not sense any movement when the craft moves from one location to another. No matter how fast the craft moves or how many times it changes direction, the people inside feel as though the craft is completely stationary. The secret of faster than light travel is that it takes place in the non physical dimension of the universe. A UFO moves in and out of physical reality.

Alien space crafts are usually invisible as they observe human activities because they view physical reality while hovering in the etheric plane. When they move into our plane momentarily, they can seem to appear out of nowhere. When they move back into the etheric plane, they seem to disappear without a trace. Some science

fiction shows have termed this dimension as subspace. But subspace is not really space at all. Only those who know the true nature of reality is mental can truly know it.

Four Steps to Find Joy in Your Work

1. List what you like about your work. What makes it worth doing? For example, working with good people, improving the world, doing a technically perfect job and so on.
2. List what you dislike about your work. What makes you want to quit? For example, long hours, customer complaints, health risks, unfriendly bosses and so on.
3. List your purposes for your work. Why did you start? What is the big picture? Why do you do this work?
4. Go back and add items to each of the above three lists. Do this over and over until you feel more joy for your work.

When your likes, dislikes and purposes are balanced, your work becomes a game that you can enjoy playing.

Using Psychic Influence to Direct and Protect

In offensive psychic skill, there is an assertion of positive

statement of your power and its effect. Assert that you are more positive than the other. Assert that your will is stronger than the other. Assert that the person is surrendering to you and becoming compliant to your wishes and directions. Assert that he or she is feeling your power and yielding to it. Do all the asserting within your own mind and thoughts.

In defensive psychic skill, there is an assertion of positive denial of the other person's power and its effect. Deny the force of his psychic powers and imagine them to be nothingness. The purpose of denial is to neutralize the effect of his psychic forces over you. He may still have power over others but you render his forces powerless to affect you. Use positive denial when encountering someone who is apparently more positive than you to neutralize his effect. "I deny!" is the psychic shield of defense.

When combining offensive and defensive skills of psychic influence together, you assert your own power while denying the other person's power. Assert that you are positive to the person and he is negative to you. He is unable to influence you the slightest while you can influence him easily. Then launch whatever mental commands you want him to obey. As in all battles, victory often goes to him who strikes the first hard blow.

Being a Co-Creator by Using Your Godlike Power

All of reality creation begins with your belief at the self

identity level. You can never create that which is apart from what you are being. The law of attraction is: That which is like unto itself, is drawn. Your abilities, your possessions and your world will always seek to match the self image that you hold. Since God and you are One, what you image God to be, you image YOURSELF to be. Your true self is not the ego but the GodSelf. The better your image and belief in God is, the more powerful you'll truly be.

There is no power outside of you that is greater than the power within you. Believe in yourself. You can make it and attain all that is yours in God. All that which is of the divine nature cannot be denied from you by any power apart from your denial of your true self. Sin is separation from God, and sin is faithlessness. When you not in unity, you are separated from all the good that is yours in God. You must believe in yourself as much as God believes in you. You believe in yourself divinely by believing in God.

God is universal mind, and the power of the mind is the power of God. Realize the power is something within you and not something outside of you. The full power of God is within you. It is ever present and unrestricted in its access. This consciousness of it makes it so. God is your source and your supply, and the supply will come in any way that may be apart from your ego's expectation. But when you look in totality, you will find God manifesting without fail in one way or another. Focus on the goodness.

Manifest Luck with State of Harmony and Intent

If luck is what you need, you can create more of it. There is never such a thing as running out of luck. Do not buy into the idea that good things must come to an end. That is only true when you allow it to be so. As creators of our reality, we can create more of what we want whenever it diminishes, therefore ensuring an unlimited supply of it. The secret to luck is consciousness of luck. Understand how luck works and why it behaves the way it does, and you gain control over it instead of allowing it control you.

Luck is an energy which can be manipulated like all energy. It may not be a physical energy as it vibrates at a frequency much higher than the physical dimension, but it has tangible influence over all physical events. Everything in the physical universe is affected by this field of energy existing at the metaphysical level. It's like an invisible grid that controls what happens, where it happens and how it happens. By learning to tap into the grid, you become a master controller that can direct events in your favor.

Luck is real and is a state of vibration which attracts all good things and repels bad ones. People in an unlucky state of vibration just seem to attract all kinds of negative things, accidents, misfortunes and mistakes to them, one after another. When you are in a lucky state of vibration, you attract success, victory, fortunate incidences, help from unexpected sources and perfect unfoldment of

desirable events. The lucky state of vibration that attracts all good things and repels bad ones is the state of harmony.

Using Your Psychic Center for Manifestation

Other than the heart chakra, you can also focus on the brow chakra for manifestation. It is also known as the third eye which is located at the spot just above the middle of your eyes. The brow chakra is the psychic center and faculty of dreaming. You can feel that spot surging with a point of energy when you close your eyes and focus on it. While focusing on your brow chakra, go deep into the alpha/theta state and visualize your intent. You are affecting the universe with pure thought from the mental plane.

Thought when concentrated intensely and long enough upon the mental plane then manifest onto the astral plane, which with enough energy added, finally manifests onto the physical plane. There are electromagnetic standing waves in the atmosphere, within the cavity formed by the surface of the earth and the ionosphere. They vibrate at a main frequency which is the same natural resonance as the brain. The alpha frequency is resonant with the earth frequency. The alpha state merges mental and physical.

The alpha state is also the psychic state for psychic seduction and psychic persuasion. While in the alpha state, you can influence people when mental commands of "You like me", "Listen to me", "Do as I say", "You want this" or any other thought you psychically impress into their subconscious mind with. Your thoughts will be a lot more effective when accompanied with feelings of a corresponding nature. There is more to a calm and composed state for influence other than just the body expressions.

Self-purification (Tazkiyah) & Gnosis

Self-purification (Tazkiyah) in Islam refers to the cleansing of one's heart, soul, and character from impurities like arrogance, greed, jealousy, and other harmful traits. Engaging in self-purification activities offers numerous benefits, including:

1. Spiritual Growth: It brings a person closer to Allah (SWT) by fostering sincerity (Ikhlas) in their worship and actions. This spiritual connection deepens faith and reliance on Allah.

2. Inner Peace and Tranquility: Self-purification reduces anxiety and stress by freeing the heart from negative emotions, allowing for a calm and peaceful state of mind.

3. Improved Character: It helps develop virtues such as humility, patience, gratitude, and forgiveness, which are essential for a good moral character and social harmony.

4. Stronger Relationships: By cultivating compassion, kindness, and selflessness, self-purification enhances relationships with family, friends, and the community, leading to healthier social interactions.

5. Increased Clarity and Focus: With a purified heart, a person gains clarity in decision-making, focusing on what truly matters in life, and aligning their actions with their ultimate purpose.

6. Divine Assistance and Protection: Engaging in self-purification can attract Allah's mercy, protection, and blessings, as the Quran states that Allah loves those who purify themselves (Quran 9:108).

7. Success in Both Worlds: Self-purification is a pathway to success in this life and the Hereafter, as it prepares a person to face trials with resilience and attain eternal success in the Hereafter (Quran 87:14-15).

These benefits reflect the holistic nature of Islam, aiming to balance personal growth with social and spiritual well-being.

Psychology also acknowledges the benefits of self-purification, though it may use different terms such as self-reflection, self-regulation, emotional intelligence, and personal growth. These concepts align with various psychological theories, offering insights into the benefits of self-purification activities:

1. Improved Emotional Regulation: Psychological theories, particularly from the field of emotional intelligence, emphasize the importance of regulating emotions. Self-purification, which includes recognizing and managing negative emotions like anger and envy, helps individuals achieve emotional balance and resilience.

2. Cognitive Clarity: Practices such as mindfulness and self-reflection, often linked to self-purification, are shown to improve cognitive functioning. This leads to better decision-making, problem-solving skills, and mental clarity, as emphasized in cognitive-behavioral therapy (CBT).

3. Enhanced Self-Concept: Self-purification activities foster a positive self-concept by encouraging personal growth, self-acceptance, and self-worth. Carl Rogers' humanistic theory of psychology highlights the significance of aligning one's self-concept with their ideal self, leading to greater fulfillment and psychological health.

4. Reduced Stress and Anxiety: From a psychological perspective, self-purification helps in reducing stress and anxiety. Practices like mindfulness and self-reflection help individuals manage stress by promoting a non-judgmental awareness of one's thoughts and emotions, which reduces anxiety.

5. Better Relationships: Psychology agrees that self-awareness and emotional regulation, which are core to

self-purification, improve interpersonal relationships. Social psychology shows that individuals with high emotional intelligence are better able to empathize, communicate, and manage conflicts, leading to healthier social interactions.

6. Increased Self-Control: Self-purification aligns with theories of self-regulation, which emphasize controlling impulses and behaviors to achieve long-term goals. Studies in psychology show that self-control leads to better outcomes in areas like health, education, and personal development.

7. Positive Behavioral Change: Behaviorist psychology supports the idea that consistent engagement in self-purification activities can lead to positive habits and behaviors. By actively replacing negative traits with positive ones, individuals experience personal transformation.

In summary, psychology, much like Islamic teachings, emphasizes the value of self-purification for emotional health, cognitive functioning, personal growth, and improved social interactions. Both perspectives underscore the importance of introspection and continuous self-improvement for a well-balanced life.

Gnosis, often understood as spiritual knowledge or insight into divine truths, shares similarities with self-purification practices but also differs in key ways. Here's a comparison:

Similarities between Gnosis and Self-Purification:

1. Spiritual Transformation:

- Both gnosis and self-purification aim for spiritual growth and transformation. Gnosis involves acquiring deep, intuitive knowledge of divine truths, which often requires purifying the self from material distractions and ego-driven desires. Similarly, self-purification focuses on cleansing the soul to draw closer to the Divine.

2. Inner Knowledge and Reflection:

- Self-purification activities, such as introspection and self-discipline, help in gaining self-awareness and understanding one's relationship with Allah. Gnosis also emphasizes inner knowledge, which is often achieved through reflection and spiritual practices that reveal the deeper reality of existence.

3. Striving for Truth:

- Both practices involve a search for truth, whether it is through self-purification of one's inner state or through gnosis, where one seeks divine knowledge and understanding beyond the physical realm.

4. Transcendence:

- Gnosis and self-purification both aim for transcendence—rising above the material and ego-centered aspects of life to reach a higher spiritual plane. This can involve overcoming worldly attachments and aligning oneself with spiritual truths.

Differences between Gnosis and Self-Purification:

1. Focus on Knowledge vs. Action:

- Gnosis places a strong emphasis on acquiring esoteric knowledge and direct, experiential insight into divine realities. It often involves mystical experiences and understanding the hidden meanings behind spiritual truths.

- Self-purification, while it can lead to spiritual insights, is more focused on practical action and the gradual process of refining one's character and behavior according to ethical and spiritual principles.

2. Path to Attainment:

- Gnosis may be pursued through mystical practices, meditation, and sometimes esoteric traditions that seek direct communion with the Divine. It is often associated with a more individualistic pursuit of enlightenment or awakening.

- Self-purification, on the other hand, is typically a more structured process rooted in Islamic teachings and rituals, like prayer, fasting, and charity. It is generally

accessible to everyone and focuses on aligning one's daily actions with Islamic principles.

3. Knowledge vs. Practice:

- Gnosis is often concerned with knowledge of metaphysical realities and the essence of existence, which may not always translate directly into day-to-day ethical practices.

- Self-purification is more practical, emphasizing continuous improvement in ethical conduct, emotional control, and fulfilling religious obligations to cultivate spiritual growth.

4. Level of Attainability:

- Gnosis is sometimes seen as an advanced spiritual state attainable by a select few who are deeply engaged in mystical practices.

- Self-purification, however, is a process encouraged for all believers, as it involves regular acts of worship and moral refinement that are accessible and beneficial to every Muslim.

Summary:

- Gnosis focuses on attaining deep spiritual knowledge and understanding, often through mystical practices, and is more centered on intellectual and experiential insights into divine realities.

- Self-purification is more concerned with ethical and spiritual refinement through practical actions, discipline, and worship, making it a process of gradual self-improvement that is open to all believers.

While gnosis and self-purification both aim for spiritual closeness to the Divine, they differ in their approaches, emphasis, and accessibility. Gnosis is more knowledge-centric and mystical, whereas self-purification is action-oriented and ethical, grounded in the everyday practices of Islam.

Reaching a state of Nirvana, the peak of self-purification, or the pinnacle of gnosis involves profound spiritual transformation. Though these concepts originate from different religious and spiritual traditions, they share common strategies rooted in deep commitment, self-discipline, and inner realization. Here's an outline of strategies drawn from Islamic teachings, Buddhism, and general spiritual practices that contribute to achieving these states:

1. Strategies to Achieve Nirvana (Buddhism):

Nirvana is the ultimate goal in Buddhism, representing the liberation from the cycle of rebirth (samsara) and the cessation of suffering (dukkha). To achieve Nirvana, the following strategies are essential:

- Follow the Noble Eightfold Path:

1. Right Understanding: Cultivating wisdom by understanding the Four Noble Truths.

2. Right Thought: Developing thoughts of non-attachment, love, and compassion.

3. Right Speech: Speaking truthfully, kindly, and avoiding harmful speech.

4. Right Action: Engaging in ethical conduct, avoiding actions that harm others.

5. Right Livelihood: Choosing a livelihood that does not cause harm and aligns with ethical principles.

6. Right Effort: Cultivating positive states of mind, preventing unwholesome thoughts.

7. Right Mindfulness: Maintaining awareness of the body, feelings, thoughts, and phenomena.

8. Right Concentration: Developing deep meditative absorption, leading to insight.

- Practice Meditation (Vipassana and Samatha): Mindfulness meditation helps develop insight into the nature of reality, impermanence (Anicca), suffering (Dukkha), and non-self (Anatta), which are crucial for attaining Nirvana.

- Cultivate Detachment: Letting go of desires, attachments, and the ego is vital for breaking free from the cycle of suffering and attaining enlightenment.

- Moral Discipline and Compassion: Living a morally disciplined life, cultivating compassion for all beings, and practicing non-violence are core to the Buddhist path.

2. Strategies for the Peak of Self-Purification (Islamic Tazkiyah):

The peak of self-purification in Islam involves reaching a state of complete spiritual purity, aligning one's inner self with divine will, and achieving closeness to Allah (SWT). Key strategies include:

- Sincere Repentance (Tawbah): Regularly turning to Allah in repentance, seeking forgiveness for sins, and committing to avoid them in the future.

- Regular Worship (Ibadah): Consistently performing acts of worship, including Salah (prayer), fasting, Zakat (charity), and Hajj. These acts purify the heart and reinforce devotion to Allah.

- Dhikr (Remembrance of Allah): Engaging in constant remembrance of Allah through reciting His names, Qur'anic verses, and supplications. Dhikr purifies the heart and strengthens the connection with the Divine.

- Self-Discipline (Taqwa): Developing God-consciousness (Taqwa) by controlling one's desires, avoiding sinful behavior, and adhering to the ethical guidelines of Islam. This involves fasting, charity, and other practices that promote self-restraint.

- Charity and Service (Ihsan): Performing good deeds and helping others is central to purifying the self. Serving humanity with sincerity and compassion elevates spiritual status.

- Reflection on Death (Muraqabah): Regularly contemplating death and the transient nature of life helps in focusing on spiritual goals and avoiding attachment to worldly desires.

- Seeking Knowledge: Gaining knowledge of the Quran, Hadith, and the teachings of scholars to understand the path to purification and avoid the pitfalls of ignorance.

3. Strategies for the Peak of Gnosis (Irfan, Mystical Knowledge):

Gnosis (Irfan in Islamic mysticism) represents deep spiritual insight and direct experiential knowledge of the Divine. The journey to gnosis involves:

- Deep Contemplation (Fikr): Engaging in deep contemplation and meditation on the signs of Allah, the nature of existence, and the mysteries of creation. This leads to a higher understanding of the Divine.

- Spiritual Exercises (Riyazat): Mystical practices such as prolonged fasting, night vigils, and seclusion are used to detach from worldly distractions and focus on the inner journey.

- Silence (Samt) and Seclusion (Khalwa): Embracing silence and retreating into seclusion to reduce distractions and foster inner reflection is a common practice in the path to gnosis.

- Love and Devotion (Ishq): Developing deep, unconditional love for Allah, which transcends the

intellectual pursuit of knowledge. This love fuels the soul's ascent towards gnosis.

- Guidance from a Spiritual Master (Murshid): In many mystical traditions, attaining gnosis requires guidance from a spiritual teacher who has already traveled the path and can help navigate the inner journey.

- Purity of Intent (Ikhlas): Ensuring that all actions, thoughts, and spiritual practices are performed solely for the sake of Allah, without any desire for recognition or reward, is essential for attaining true gnosis.

Commonalities Across Traditions:

- Detachment from Worldly Desires: All paths emphasize the importance of letting go of attachment to material possessions, ego, and desires. This detachment helps the soul focus on higher spiritual realities.

- Mindfulness and Reflection: Whether through meditation, Dhikr, or contemplation, all spiritual paths stress the need for mindfulness and inner reflection as key tools for spiritual advancement.

- Ethical Living: Leading a morally upright life is seen as foundational. Ethical conduct purifies the heart and prepares the soul for deeper spiritual experiences.

- Persistence and Patience: Reaching the peak of self-purification or gnosis requires consistent effort, patience, and perseverance over an extended period.

Conclusion:

Achieving the peak of spiritual purification, whether it be Nirvana, the highest state of Tazkiyah, or gnosis, involves a combination of ethical discipline, spiritual practices, and a deep commitment to transcending the ego and worldly attachments. Each tradition offers a unique path, but the underlying principles of inner transformation, devotion, and self-discipline are universally shared.

What Will Be After Death Or End Of Universe?

The question of what will happen after death or after the eventual end of the universe is addressed differently across religious, philosophical, and scientific perspectives. Here's a broad overview of how various traditions and disciplines approach this profound question:

1. Islamic Perspective:

In Islam, death is seen as a transition from this temporary world to the eternal life of the Hereafter. The Quran and Hadith describe several stages that occur after death:

- Barzakh (Interim Stage): After death, the soul enters a state called Barzakh, a barrier between this world and the Hereafter. The soul remains in this state until the Day of Judgment.

- Day of Judgment (Yawm al-Qiyamah): On the Day of Judgment, all souls will be resurrected, and their deeds will be evaluated. The Quran describes this day as the culmination of the universe, where the heavens and earth will be transformed, and everyone will be held accountable for their actions.

- Eternal Life: Based on the judgment, souls will either enter Paradise (Jannah) or Hell (Jahannam). Paradise is described as a place of eternal peace, joy, and closeness to Allah, while Hell is a place of punishment for those who rejected faith and committed evil.

The Quran states:

> "The Day when the earth will be changed to another earth, and so will be the heavens, and they will all appear before Allah, the One, the Overpowering." (Surah Ibrahim, 14:48)

2. Christian Perspective:

Christianity also teaches that death is not the end but a transition to eternal life. The central belief in Christianity is the resurrection of the dead and the final judgment:

- Heaven and Hell: After death, the soul is believed to go to either Heaven, a place of eternal union with God, or Hell, a place of separation from God and eternal punishment. The final judgment will determine where each soul will spend eternity.

- Resurrection: Christians believe in the resurrection of the dead at the Second Coming of Christ, when the world as we know it will end, and God will establish a new heaven and a new earth.

The New Testament says:

> "Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea." (Revelation 21:1)

3. Hindu Perspective:

In Hinduism, death is part of the continuous cycle of birth, death, and rebirth (Samsara). After death, the soul is reincarnated based on its karma, and this cycle continues until the soul attains liberation (Moksha):

- Reincarnation: After death, the soul is reborn in another body. The nature of the next life is determined by the karma accumulated in previous lives. This cycle can repeat countless times.

- Moksha: The ultimate goal is to achieve Moksha, or liberation from the cycle of Samsara, and to reunite with Brahman (the Supreme Being). Once Moksha is attained, the soul is no longer subject to birth and death.

In the Bhagavad Gita (2:22), it says:

> "Just as a person discards worn-out clothes and puts on new clothes, the soul discards worn-out bodies and wears new ones."

4. Buddhist Perspective:

Buddhism teaches that life is a cycle of birth, death, and rebirth (Samsara) driven by karma. The ultimate goal is to escape this cycle and achieve Nirvana:

- Rebirth: After death, beings are reborn in different forms based on their karma. The cycle of rebirth continues until one achieves enlightenment (Nirvana), which is the cessation of suffering and the end of the cycle of birth and death.

- Nirvana: Nirvana is the ultimate goal, where the individual transcends the cycle of Samsara and attains a state of liberation, free from suffering and desire. Unlike many religious views of the afterlife, Nirvana is not a place but a state of being beyond birth and death.

5. Jewish Perspective:

Judaism has diverse views about what happens after death, but there is a common belief in the immortality of the soul and the possibility of resurrection:

- Olam Ha-Ba (World to Come): Judaism teaches that after death, the soul enters the World to Come, a place of spiritual reward or punishment. Some Jewish traditions emphasize resurrection at the end of days, when God will judge the souls of all humanity.

- Messianic Era: Many Jewish teachings hold that the world will undergo a transformation with the arrival of the Messiah, leading to an era of peace and righteousness. This is often associated with the

resurrection of the dead and the establishment of a renewed world.

6. Secular/Scientific Perspective:

From a secular and scientific standpoint, views about what happens after death or the end of the universe are typically grounded in naturalistic explanations:

- Death: In a materialist view, death marks the end of consciousness, as the brain ceases to function. There is no scientific evidence to support the existence of an afterlife, so many secular thinkers view death as the final end of an individual's experience.

- End of the Universe: Scientifically, the fate of the universe is a subject of ongoing research. Various theories suggest different possible outcomes:

  - Heat Death: One theory posits that the universe will continue expanding until it reaches a state of maximum entropy, leading to a "heat death" where all stars burn out, and the universe becomes a dark, cold place with no energy left to sustain life.

  - Big Crunch: Another theory suggests that the expansion of the universe could reverse, leading to a "Big Crunch," where the universe collapses back into a singularity.

  - Big Rip: In this scenario, the expansion of the universe accelerates to the point where all matter is torn apart,

resulting in the dissolution of all structures in the universe.

7. Existentialist Perspective:

Existentialist philosophers, such as Jean-Paul Sartre and Albert Camus, often focus on the meaning of life in the absence of an afterlife. They generally view death as the definitive end of an individual's existence. Rather than an afterlife, existentialism emphasizes finding meaning and purpose within the finite boundaries of this life, often in the face of an absurd or indifferent universe.

Conclusion:

Beliefs about what happens after death or after the end of the universe vary widely, depending on religious, philosophical, or scientific perspectives. Religious traditions like Islam, Christianity, Hinduism, and Judaism generally hold that the soul continues to exist after death, often involving judgment, reward, or further spiritual development. Buddhism emphasizes the cessation of the cycle of rebirth and the attainment of Nirvana. Secular and scientific views, however, typically regard death as the final end of individual consciousness and consider the eventual fate of the universe to be governed by natural laws.

Is The Divine Leadership Necessary?

what the ideal structure of society should be, and whether a divine ruler is necessary, has been debated by philosophers, theologians, and political theorists for

millennia. The answers vary depending on religious, philosophical, and cultural perspectives. Here's a nuanced look at this question from different viewpoints:

1. Islamic Perspective:

In Islam, the ideal society is one that is governed by divine guidance, as revealed through the Quran and the Sunnah (traditions) of the Prophet Muhammad (PBUH). The concept of governance in Islam emphasizes justice, morality, and adherence to divine law (Sharia). While a divine ruler, such as a prophet or an infallible Imam, is seen as the ideal leader, Islamic history also presents the concept of a just ruler (Caliph or Imam) who upholds Islamic principles and works to ensure justice and equity.

Divine Leadership:

- Imamate: In Shia Islam, there is a strong belief in the necessity of a divinely appointed leader (Imam) who is infallible and guided by God. This belief is rooted in the idea that only a divinely appointed leader can ensure the correct interpretation and implementation of divine law. The Twelver Shia tradition holds that the 12th Imam, Al-Mahdi, is in occultation and will return as a divine ruler to establish justice.

- Caliphate: Sunni Islam historically emphasized the Caliphate, where the ruler is expected to be just, knowledgeable, and committed to upholding Islamic law, though not necessarily divinely appointed. The ruler

should consult scholars and the community to ensure decisions align with Islamic teachings.

In this view, a society guided by divine principles is essential for achieving justice, morality, and the well-being of all people. Whether or not a divine ruler is physically present, governance must be aligned with divine guidance.

2. Christian Perspective:

Christian views on governance have evolved over time, but many Christians believe that society should be guided by Christian principles, such as love, justice, and compassion. Historically, the idea of a divine ruler, such as Christ as King, has been central to Christian eschatology. In medieval Europe, the concept of the "Divine Right of Kings" held that monarchs were chosen by God to rule.

However, in modern Christianity, especially within democratic societies, the emphasis is often on creating just and moral governance through human institutions that reflect Christian values. Many Christians today believe that while divine guidance is crucial, human rulers can govern justly by adhering to these values without the need for a divinely appointed ruler.

3. Secular Humanism and Liberal Democracy:

Secular humanism and modern liberal democracy prioritize human reason, individual rights, and democratic governance over the idea of a divinely

appointed ruler. This perspective holds that societies should be structured around principles of justice, equality, and freedom, and that governance should be based on the will of the people rather than divine authority.

Key aspects of this view include:

- Rule of Law: A fair and just legal system that applies to everyone equally, without the need for divine intervention.

- Democracy: A system of governance where leaders are elected by the people and are accountable to them, rather than being divinely chosen.

- Human Rights: The belief that all individuals have inherent rights that must be respected and protected by the state.

Proponents of this view argue that human beings, through experience and reason, are capable of creating just and equitable societies without the need for a divine ruler. The successes of modern democratic societies are often cited as evidence that human-led governance can be effective and just.

4. Theocratic Perspective:

Theocratic systems of governance, which exist in some countries today (such as Iran and the Vatican), are based on the idea that divine guidance should directly influence or even control the state's leadership. In these systems,

religious leaders often hold political power, or political leaders are seen as carrying out a divine mandate.

- Divine Ruler: The belief in a divine ruler or religious authority is central to theocratic governance, with the assumption that divine wisdom is essential for justice and moral governance. Critics of secular systems argue that without divine guidance, human societies are prone to moral decay and injustice.

5. Historical and Philosophical Perspectives:

- Plato: In his work "The Republic," Plato proposed the idea of a "Philosopher-King," someone who is wise and just, with knowledge of the true forms of justice and goodness. While not necessarily divine, this ruler possesses an almost transcendent understanding of morality and governance.

- Thomas Hobbes: In his famous work "Leviathan," Hobbes argued for a powerful sovereign to maintain order and prevent chaos, though his vision was based on human authority rather than divine mandate. Hobbes believed that a strong central authority was necessary to prevent society from descending into a "state of nature," which he saw as chaotic and violent.

- Jean-Jacques Rousseau: Rousseau believed in the concept of the "general will" and the social contract, where governance should reflect the collective will of the people. He emphasized the importance of human

freedom and the dangers of tyranny, whether by a divine or human ruler.

6. Marxist and Socialist Perspectives:

Marxism and socialism envision a classless society where governance is based on communal ownership and collective decision-making. In these systems, divine rulership is rejected in favor of a society structured around the equitable distribution of resources and the elimination of class distinctions. Marxists argue that religion, including the concept of a divine ruler, is a tool used by the ruling class to maintain control over the masses.

Conclusion:

Whether a divine ruler is necessary for the ideal structure of society depends on the worldview one adopts. Religious traditions like Islam, Christianity, and certain theocracies see divine guidance or rulership as essential for achieving justice and moral order. On the other hand, secular humanists, democrats, and Marxists argue that human reason and collective governance are sufficient for creating just and equitable societies.

From a historical perspective, societies have experimented with various forms of governance, from theocratic and monarchic systems to modern democracies and socialist states. The lessons of social mechanics suggest that while divine rulership can provide a moral framework for governance, human-led

systems based on reason, justice, and accountability have also been effective in creating stable and prosperous societies. The ideal structure may vary depending on cultural, historical, and spiritual contexts, but most perspectives agree on the need for justice, accountability, and the protection of human dignity in any form of governance.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.